

EGD PREPARATION INSTRUCTIONS

Day PRIOR to the procedure:

- Nothing to eat or drink after midnight the night before the procedure.

The day of the procedure:

- Take all medications on the morning of the procedure with a small sip of water. **Do not** take Diabetic medications unless instructed to. (Take them with you to the Surgical Center/Hospital).
- You must have someone with you in order for the physician to explain the results of the procedure after your exam, (this person will also need to be your driver), as you will have been sedated.
- Plan to be at the surgical center/hospital for approximately 3-4 hrs, they will call you with any schedule changes or updates.

***** If you are taking blood thinners** and/or require cardiac clearance, you may be asked to hold medications in preparation for the procedure, these recommendations will be requested of your cardiologist.

ERCP PREPARATION INSTRUCTIONS

Day PRIOR to the procedure:

- Nothing to eat or drink after midnight the night before the procedure.

The day of the procedure:

- Take all medications on the morning of the procedure with a small sip of water. **Do not** take Diabetic medications unless instructed to. (Take them with you to the Surgical Center/Hospital).
- You must have someone with you in order for the physician to explain the results of the procedure after your exam, (this person will also need to be your driver), as you will have been sedated.
- Plan to be at the surgical center/hospital for approximately 3-4 hrs, they will call you with any schedule changes or updates.

***** If you are taking blood thinners** and/or require cardiac clearance, you may be asked to hold medications in preparation for the procedure; these recommendations will be requested of your cardiologist.

Flexible Sigmoidoscopy Preparation Instructions

The day of the procedure:

- You may eat and drink the morning of the procedure. (Light Breakfast only)
- Use two FLEET's enema's the morning of the procedure.
 - 1st enema when you wake up
 - 2nd enema 30 minutes before you leave
- Plan to be at the surgical center/hospital for approximately 3-4 hrs, they will call you with any schedule changes or updates.

*****No Sedation or Driver Required*****

Upper HALO w/Radiofrequency Ablation

Day PRIOR to the procedure:

- Nothing to eat or drink after midnight the night before the procedure.

The day of the procedure:

- Take all medications on the morning of the procedure with a small sip of water. **Do not** take Diabetic medications unless instructed to. (Take them with you to the Surgical Center/Hospital).

***If you take anticoagulants or antiplatelets (“blood thinners”) like Plavix®, Coumadin®, Pradaxa®, Xarelto®, Eliquis®, Effient®, etc., you should discuss with your doctor.

*** You must have someone with you in order for the physician to explain the results of the procedure after your exam, (this person will also be your driver), as you will have been sedated. Plan to be at the surgery center/hospital for approximately 2-3 hrs. They surgery center or hospital may call you with any schedule changes or updates.

Lower Endoscopic Ultrasound Preparation Instructions

Day PRIOR to the procedure:

- Nothing to eat or drink after midnight the night before the procedure.

The day of the procedure:

- Take all medications on the morning of the procedure with a small sip of water. **Do not** take Diabetic medications unless instructed to.
- Use two FLEET's enemas the morning of the procedure
 - 1st enema when you wake up
 - 2nd enema 30 minutes before you leave

***** If there is a possible Fine Needle aspiration*****

No Coumadin, ASA, NSAIDS or Fish Oil for 3 days prior to procedure

No Plavix, Proxal, Effient, Xarelto for 7 days prior to procedure

You will need a driver with you due to sedation.

COLONOSCOPY PREPARATION INSTRUCTIONS

using Osmoprep

Obtain from your pharmacy: (PRESCRIPTION NEEDED)

32 tablets of OSMOPREP with your prescription

The morning PRIOR to the procedure:

1. You will be on clear liquids the entire day. You may drink anything that you can hold up to the light and see through (apple juice, broth coffee without cream, tea, water, sodas, etc.) You may also have Jell-O or popsicles but **NOTHING RED.**

• **DO NOT** take any **ORAL** diabetes medications the day of the prep or the morning of the procedure. If you are on **INSULIN**, please take only half your dose the day of the prep and the morning of the procedure.

2. At 12:00 p.m. NOON the day before the procedure you will take 4 OSMOPREP tablets every 15minutes, with at least an 8 oz. glass of approved clear liquid for a total of 5 doses and 20 tablets.

- 12:00 PM (NOON) - 4 OSMOPREP tablets with 8oz glass of approved clear liquid
- 12:15 p.m. -4 OSMOPREP tablets with 8oz glass of approved clear liquid
- 12:30 p.m. -4 OSMOPREP tablets with 8oz glass of approved clear liquid
- 12:45 p.m. -4 OSMOPREP tablets with 8oz glass of approved clear liquid
- 1:00 p.m. -4 OSMOPREP tablets with 8oz glass of approved clear liquid.

Continue on clear liquids throughout the rest of the afternoon. The more you consume, the cleaner your colon will be and the better chance the doctor will have to see the entire lining of your colon.

3. At 7:00 p.m. repeat taking 4 OSMOPREP tablets with at least an 8oz glass of clear liquid for a total of 3 doses or the remaining 12 tablets.

- 7:00 p.m. -4 OSMOPREP tablets with 8oz glass of approved clear liquid
- 7:15 p.m. -4 OSMOPREP tablets with 8oz glass of approved clear liquid
- 7:30 p.m. -4 OSMOPREP tablets with 8oz glass of approved clear liquid

4. Continue to drink clear liquids until bedtime

The day of the procedure:

Take needed medications with a small sip of water on the morning of the procedure (NO ORAL DIABETIC MEDS).

***If you take anticoagulants or antiplatelets (“blood thinners”) like Plavix®, Coumadin®, Pradaxa®, Xarelto®, Eliquis®, Effient®, etc., you should discuss with your doctor.

*** You must have someone with you in order for the physician to explain the results of the procedure after your exam, (this person will also be your driver), as you will have been sedated. Plan to be at the surgery center/hospital for approximately 2-3 hrs. The surgery center or hospital may call you with any schedule changes or updates.