



Digestive Care Center

General Procedure Instructions

Read and follow these instructions closely. Failure to follow them will result in your procedure being **cancelled or rescheduled** to a different day. These instructions are for your safety. Failure to follow them could cause severe complications, resulting in **HOSPITALIZATION or even DEATH**.

****DO NOT DRINK ANYTHING FOR FOUR (4) HOURS BEFORE YOUR SCHEDULED PROCEDURE START TIME. THIS EVEN INCLUDES CHEWING GUM, MINTS, OR SMALL AMOUNTS OF WATER AND MEDICATIONS.***

****NO TOBACCO PRODUCTS SIX (6) HOURS BEFORE YOUR SCHEDULED PROCEDURE START TIME.****

****Please notify us** if you are taking any **blood thinning** medications, (ex: Coumadin, Plavix, Aggrenox, Xarelto, Eliquis, Pletal, Pradaxa, etc.) or Diabetic Medication.

****Avoid CBD Oil and Marijuana use 24 hours prior to your procedure.**

Do NOT take any of the following medications for **SEVEN (7) days** prior to your procedure:

1. NSAIDs, such as Advil, Nuprin, Meloxicam, Motrin, Aleve, or ibuprofen
2. Iron medications or supplements (e.g. Fermalox, Niferex, Ferrous Sulfate), or vitamins containing iron
3. Any fiber supplements such as Metamucil, Citrucel, Konsyl

DO:

1. Call the facility where you will have your procedure with any questions regarding your medications or preparation instructions.
2. **Have someone accompany you to the procedure. He/she MUST stay at the center the entire time you are there to be available for any emergencies and because some of the medication you will receive will impair your ability to drive.**
3. If you are having a colonoscopy, follow the prep instructions carefully and completely.
4. If you are having an upper endoscopy (EGD), begin a clear liquid diet at 11:00 PM the night before your procedure.
5. Stay hydrated by drinking plenty of clear liquids up to your four hour cutoff point.
6. Brush your teeth, but do not swallow water or toothpaste.
7. Check with the physician managing your medications regarding options for temporarily stopping any blood thinning medications or diabetic medications.
8. Take your normal dose of blood pressure, heart, or seizure medications. If, you should take medication the morning of your procedure, take it **at least four (4) hours prior to your procedure**.
9. Arrive for your procedure as directed. Your arrival time will be approximately one hour before your procedure begins. However, if your procedure is scheduled for 7:00am or 7:30am, please be aware that our office does not open until 6:30am. You do not need to arrive before 6:30am.
10. Because each case is different, many factors determine what time your procedure will actually begin. Please remain patient. We will do our best to accommodate you in a timely manner.



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Upper Endoscopy Prep

*Because of the medications you will receive, ***you must have someone accompany you that can stay in the Endoscopy Center waiting room while you have your procedure and drive you home after the procedure.***

Preparing for your Endoscopy:

Please notify us if you are taking any **blood thinning** medications, (ex: Coumadin, Xarelto, Eliquis, Pradaxa, etc). **Refer to appointment information for specific stop times regarding medication you take regularly.**

DO NOT STOP taking Aspirin for any endoscopic procedure

ALWAYS check with the physician managing your medication before stopping any blood thinning or diabetic medications.

No solid foods after 11:00 PM. You may drink clear liquids up to **4 hours** before your procedure, (examples – Fat free broth or bouillon, plain gelatin desserts, gingerale, ice tea, coffee, kool-aid, clear fruit juices, Hi-C, carbonated beverages, (i.e. Coke, Sprite, Pepsi). Please avoid liquids containing red, purple or orange dye. **No** milk, orange or tomato juice.

ATTENTION

IMPORTANT REMINDER!!

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****NO TOBACCO PRODUCTS SIX (6) HOURS BEFORE YOUR SCHEDULED PROCEDURE START TIME.****
EATING OR DRINKING PRIOR TO ANESTHESIA INCREASES YOUR RISK OF ASPIRATION WHICH COULD RESULT IN HOSPITALIZATION AND EVEN DEATH. FAILURE TO FOLLOW THESE INSTRUCTIONS WILL RESULT IN THE DELAY OR RESCHEDULING OF YOUR PROCEDURE.