



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.****

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

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

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

1. Iron medications or supplements (e.g. Fermalox, Niferex, Ferrous Sulfate), or vitamins containing iron
2. 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 an adult (18+) 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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Extended 4-Day Colonoscopy Prep Instructions

Purchase the following:

1. Four (4) Dulcolax tablets, over the counter
2. Seven (7) cap fulls (119g) Miralax, over the counter
3. Four (4) tablespoons Milk of Magnesia, over the counter
4. One (1) Prep – will be filled at your preferred pharmacy

One week before your procedure do NOT eat:

Strawberries	Caraway seeds (rye bread)	Pineapple	Tomatoes
Chili or kidney beans	Lettuce	Popcorn	Corn
Olean products	Breads with sesame seeds	Red/orange Jell-O	Oranges
Fruit or vegetable skin/seeds	Peas	Grapefruit	Nuts

You may eat any food not listed above, including fruits and vegetables that are peeled and have the seeds removed.

Day One

1. Begin the enclosed diet for Day 1 and Day 2.
2. Take four (4) tablespoons of Milk of Magnesia at noon

Day Two

1. Continue the diet for Day 1 and Day 2.
2. Take seven (7) cap fulls (119g) of Miralax at 4:00 pm.
3. Take four (4) Dulcolax tablets at 9:00 p.m.

Day Three (day before your procedure)

1. Begin following the enclosed clear liquid diet for Day 3 and Day 4.
2. **At 6:00 pm**, begin drinking 3/4 (3 liters) of the prep. Quickly drink one (1) glass of the solution every 10 minutes until you have consumed 3/4 (3 liters) of the prep. Rapid drinking of each glassful is preferred, rather than drinking small amounts continuously. Do NOT add any ingredient to the prep.

*The first bowel movement should occur approximately one hour after you start the prep. **Do NOT consume any food while taking the prep.** You should be able to drink 3/4 (3 liters) of the prep in three hours, and bowel evacuation should be complete within an additional hour.

Day Four (day of your procedure)

1. 5 hours before your procedure consume the rest of the prep (remaining 1 liter). Drink as much clear liquid as you can until 4 hours before your procedure to prevent dehydration.

Do NOT consume anything 4 hours before your procedure.



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Diets for the Extended 4-Day Bowel Prep

DIET FOR DAY 1 AND DAY 2

****DO NOT CONSUME ANY BREAD, FRUITS, VEGETABLES, OR MILK**

Eggs	Strained fruit juices: Orange Apple Grape Grapefruit Pineapple
Cottage Cheese	Noodles (in clear broth of butter, if desired): Macaroni Spaghetti
White Rice	Meat: Canned baby food meat Baked skinless fish Finely chopped canned tuna
Cereal (may be taken with several tablespoons of cream): Cream of Wheat Farina Rice Krispies	
Desserts: Marshmallows Vanilla Wafers Sugar Wafers Moderate amount of sugar/strained honey Plain Jell-O (no red dye, without added fruit or vegetables)	
Beverages: Clear broth/bouillon Tea Weak Coffee Soft Drinks Gatorade (no red dye) Kool-Aid (no red dye)	

Moderate amounts of seasonings

*You may substitute Ensure liquid nutrition for this diet. Drink only one can per meal – no more than four cans per day.

CLEAR LIQUID DIET FOR DAY 3 AND DAY 4

Fat-free broth or bouillon	Ginger ale	Iced tea
Coffee with NO creamer	Kool-aid	Soft Drinks (i.e. Coke, Sprite, Pepsi)
Hi-C	Clearfruit juices	Plain gelatin desserts

****Please avoid liquids containing RED, PURPLE, or, ORANGE dyes.**

****NO milk, orange juice, or tomato juice.**

****DO NOT CONSUME ANYTHING 4 HOURS BEFORE YOUR PROCEDURE****