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.****

****No Illicit Drugs (Meth, Cocaine, Heroin, etc.) 7 days prior to your procedure****

****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.

Digestive Care Center

Flexible Sigmoidoscopy 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 Flexible Sigmoidoscopy:

No solid foods after 11:00 PM. You may drink clear liquids up to **4 hours** before your procedure (sample clear liquid diet below)

Take two (2) fleets enemas one right after the other approximately one hour before leaving home for your appointment. (Please note enemas may be purchased over the counter at your local pharmacy.)

You must take any heart, blood pressure or seizure medication that you normally take the morning of your procedure.

Clear Liquid Diet:

This diet has little food value, is nutritionally inadequate, and should be used for a limited time only.

Soups: fat free broth or bouillon	**Beverages:** gingerale, ice tea, coffee, kool-aid, clear fruit juices, Hi-C, carbonated beverages, (i.e. Coke, Sprite, Pepsi)
Desserts: plain gelatin desserts	

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

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

*****Please note: Some insurances do require outpatient precertification. It is your responsibility to notify us if precert is required for your procedure.***

IF YOU HAVE ANY QUESTIONS, PLEASE CALL 477-6103