



PREPARING FOR YOUR PROCEDURE

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PREPARING FOR YOUR PROCEDURE

If you are currently scheduling a procedure or if you have a procedure scheduled this information will be helpful in preparing for your procedure.

If you are already scheduled and you are unsure about your admitting time or about where your procedure will be performed, contact our office at 203-863-2900.

If you are diabetic, please call your physician, if you have questions regarding your diet the day before your procedure.

Please inform us if you think you might be pregnant..

If you are taking any of the following blood thinners discuss with your doctor stopping them 5 Days before your procedure.

- Aspirin, Coumadin, Ticlid, Warfarin, Persantine, Plavix, Aggrenox, Dipyridamole.
- Advil, Aleve, Nupin, Ibuprofen
- Vitamin E, Vitamin C, Gingko, Iron

3 Days before the procedure please stop consuming the following:

- If you are taking any bulking agent, Metamucil, Citrucel, please stop it.
- Avoid food with small seeds, breads with poppy or sesame seed, preserves, berries, kiwi, tomato, any fruit or vegetable with a small seed that cannot be removed prior to eating. No Nuts.

You may take Tylenol.

It is **VERY IMPORTANT** that you notify us if you are allergic to antibiotics, egg, soy, Fentanyl, Valium, Propofol, Demerol or Versed prior to your procedure.

It is **VERY IMPORTANT** that you notify us of any Joint Replacement, Stent or Valve Replacement surgeries you may have had. These surgeries may require antibiotic prophylaxis at the time of your procedure.

It is **VERY IMPORTANT** that you take your regular medications as prescribed, especially cardiac or blood pressure medications on the day of your procedure. If you are unsure about a certain medication, check with your physician the day before the procedure.

Upon discharge for the hospital facility you will require a driver. By law, patients undergoing anesthesia or intravenous sedation must have an escort drive them home after a procedure. Your procedure cannot be preformed unless this arrangement is made.

RECOMMENDED CLEAR LIQUID DIET FOR COLONOSCOPY AND CAPSULE ENDOSCOPY

Consume only a clear liquid diet the day before your procedure unless you are instructed by your physician to do otherwise. A clear liquid is one you can see through, these include:

- Black coffee, tea, you may use sugar, sugar substitute, honey, lemon, but no milk or non-dairy creamers.
- Clear fruit juices, apple, apple combinations, cranberry, cranberry combinations, dark or white grape juice. NO citrus juice.
- Beef, chicken, vegetable broth or consommé, NO bouillon cubes.
- All sodas, non-carbonated beverages such as ice tea, crystal light lemonade, seltzer, and sport drinks such as Gatorade.
- Jell-O, Italian ices, Popsicles and hard candy such as lifesaver.
- PLEASE avoid all RED flavors of any of the items listed above other than cranberry juice. Cranberry juice is a natural red and does not tint the bowel a color that might raise alarm.

MIRALAX COLONOSCOPY All in One-Day Preparation

Purchase these over the counter laxatives and drinks:

1. 1 Box Gas X Pills
2. 1 Box of Dulcolax laxative tablets 5 mg * not stool softeners, not suppositories, you will need 4 tablets.
3. 3 (119 gm) bottle of
4. You will need to purchase 3 – 32 ounce bottles of Iced Tea, Crystal Light Lemonade, Water, or Cranberry Juice. You will be mixing your preparation more than once so you can divide your doses by flavor if desired. NO RED flavors are allowed.

On the day before your procedure _____ you will remain on a clear liquid diet. Absolutely **NO SOLID FOOD** is allowed.

If your procedure is after 12:30 PM on _____ you may have breakfast before 10 AM. After breakfast you will remain on a clear liquid diet for the remainder of the day.

Drink only the clear liquids listed:

You may have beef, chicken, and vegetable broth. You may have clear fruit juices, such as apple, apple combinations, cranberry, cranberry combinations, dark and white grape juice. Black coffee and tea are allowed and you may use sugar, sugar substitute, lemon and honey in them, however, NO MILK, or non-DAIRY CREAMERS should be used. You may have all carbonated beverages, such as coke and 7up and non-carbonated beverages such as crystal light lemonade and ice tea. Orange, lemon and lime Jell-O is allowed. You may have Popsicles, Italian ices, hard candies such as lifesavers and sour balls. Do not take artificial red food products. The dye in these products mimics the appearance of blood in the colon and should not be consumed while prepping for your procedure. Cranberry juice is a natural red food product and is allowed.

At _____ ON _____ - Take 4 DULCOLAX laxative tablets

At _____ ON _____ - Mix (1) 119 gm bottle of Miralax into (1) 32-ounce bottle of your choice of clear liquid. Shake well. Wait until the liquid is fully dissolved (you should see no powder). Take 2 Gas X pills then begin drinking a measured 8-ounce glass every 15 – 20 minutes until you finish 32 ounces. (usually 4 glasses).

You may continue to drink any of the clear liquids listed above up to (4) hours prior to your procedure time. Take your morning medications as prescribed.

REMEMBER: The preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. During the prep, using baby wipes may ease some of your discomfort. You may use Vaseline or Preparation H around your anus if it becomes irritated

YOU MUST HAVE A DRIVER. You should NOT plan on working or driving the rest of the day due to sedation given at the procedure.

HELPFUL HINTS DURING YOUR PREPARATION FOR COLONOSCOPY

- Have some unscented baby wipes on hand in case you need them for comfort and some type of an ointment, like Vaseline or Preparation H cream.
- DRINK! DRINK! DRINK! The better hydrated you keep yourself during your preparation, the better you will feel.

PREPARING FOR UPPER GI ENDOSCOPY

You may eat and drink normally until midnight the day before your procedure. After midnight have nothing to eat or drink.

If you are taking any of the following blood thinners discuss with your doctor stopping them 5 Days before your procedure.

- Aspirin, Coumadin, Ticlid, Warfarin, Persantine, Plavix, Aggrenox, Dipyridamole.
- Advil, Aleve, Nuprin, Ibuprofen
- Vitamin E, Vitamin C, Gingko, Iron
- You may take you regular medications as prescribed the morning of the procedure with a small amount of liquid. Especially your heart of blood pressure medications.
- Please inform us if you might be pregnant.

PREPARING FOR YOUR CAPSULE ENDOSCOPY

Do not smoke for 24 hours prior to your procedure.

Do not take Iron for (7) days prior to your procedure.

Do not take Carafate for 24 hours prior to your procedure

DAY BEFORE YOUR CAPSULE ENDOSCOPY:

- You may eat a regular breakfast and a regular lunch before 12 noon.
- From 12 noon until 10 pm, follow the recommended Clear Liquid Diet.
- After 10 pm nothing to eat or drink, except any prescribed medication with a small sip of water.

THE MORNING OF YOUR CAPSULE ENDOSCOPY:

- On the day of your procedure have nothing to eat or drink including your medications after 6:30 am.
- **DO NOT** apply powder or lotion to your abdomen, as this will inhibit good contact of the sensors.
- **Male** patients should shave their abdomens starting 6 inches above navel and continuing 6 inches below the navel if they are hairy.

PREPARING FOR YOUR ENDOSCOPIC ULTRASOUND

You may eat and drink normally until midnight the day before your procedure. After midnight have nothing to eat. You may have clear liquids up to six hours prior to your procedure. Absolutely NO SOLIDS after midnight.

If you are taking any of the following blood thinners discuss with your doctor stopping them 5 Days before your procedure.

- Aspirin, Coumadin, Ticlid, Warfarin, Persantine, Plavix, Aggrenox, Dipyridamole.
- Advil, Aleve, Nuprin, Ibuprofen
- Vitamin E, Vitamin C, Gingko, Iron
- You may take you regular medications as prescribed the morning of the procedure with a small amount of liquid. Especially your heart of blood pressure medications.

Please inform us if you might be pregnant.