

Lower GI Endoscopic Procedure Prep

Dietary Instructions

- Refer to the PREP instruction form applicable to the lower GI procedure you are having. PREP instructions will differ based upon the scheduled time of the procedure and type of PREP prescribed.
- If your procedure is scheduled before 12:00 NOON, you may NOT have anything by mouth after 11:59 PM the night before the procedure. On the morning of the procedure, you may have a small sip of water to take your usual medications.
- If your procedure is scheduled after 12:00 NOON, you will need to continue to consume PREP solution and clear liquids after midnight as specified on the PREP instruction form. In all circumstances, consume nothing further by mouth within four (4) hours of your procedure except a sip of water for any other essential medications. By way of example, if your procedure time is 2:00 PM, nothing should be taken by mouth after 10:00 AM.
- Note... milk and coffee creamer are not considered clear liquids and your procedure will be cancelled if these items are consumed. Please also avoid juices with pulp and anything red or purple in color. Examples of acceptable clear liquids include: water, black coffee, tea, apple juice, white grape or cranberry juice, lemonade, sports drinks (Gatorade, Powerade, etc.), clear beef, chicken or vegetable broth, Jell-O, popsicles, frozen sorbet, or Italian ice. Alcoholic beverages are not permitted.

Medication Instructions

- It is important that you take all of your usual medications the night before and/or the morning of the endoscopic procedure, *unless you have been instructed otherwise*. Medications which require special pre-procedure considerations include blood thinners and diabetic medications as outlined in detail below.
- Anticoagulant Management: if you take anticoagulant medications including but not limited to: Warfarin (Coumadin, Jantoven), Enoxaparin (Lovenox), Fondaparinux (Arixtra), Clopidogrel (Plavix), Prasugrel (Effient), Ticagrelor (Brilinta), Rivaroxaban (Xarelto), Apixaban (Eliquis), Dabigatran (Pradaxa), or Savaysa, PLEASE inform the doctor as soon as possible as clearance from your cardiologist or primary care physician may be required prior to your procedure. Aspirin, when prescribed by a physician, should NEVER be stopped before ANY endoscopic procedure.
- Please discontinue elective Non-Steroidal Anti-Inflammatory Drugs (Aleve, Advil, Motrin, Ibuprofen, Celebrex, Indocin, Diclofenac, etc.) five (5) days before your procedure. If you must take these medications, please inform your doctor at the time of procedural scheduling.
- Diabetic Medications will be managed on a case by case fashion. Please inform your doctor at the time of procedural scheduling if you are prescribed ANY medications for Diabetes.
- If you are actively taking a weight-loss supplement, it is imperative that you advise your physician as you may be required to hold them for up to two weeks prior to your procedure.



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General Considerations

- Please inform your doctor if you have a latex allergy, have had complications from anesthesia previously, have a pacemaker or defibrillator, or if you have a port for intravenous access.
- Women under the age of 55 whom have not had a hysterectomy will be asked to provide a urine sample on the day of the procedure for pregnancy testing.
- **You will need someone to drive you home.** You are not allowed to drive or leave the Endoscopy Center or Sarasota Memorial Hospital alone. If you foresee this as an issue, please discuss the transportation policy with the endoscopy staff prior to your procedure.

