

Dietary Instructions

- Four (4) days prior to your procedure: **AVOID** high fiber foods such as whole grain bread, bran cereal, squash, green beans, asparagus, cabbage, celery, lettuce, spinach, broccoli, potato skins, tomatoes, strawberries, cucumbers, apple skins, whole oranges (pulp-free juice is ok), whole grapefruit, corn, popcorn, seeds, and nuts.
- You may eat any type of meat including chicken or fish, and consume white breads, white rice, pasta, eggs as well as dairy products such as yogurt, milk, ice cream, cheese etc.
- Refer to the PREP instruction sheet you received which is specific to the lower GI procedure you are having.
 - Please note, 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:
 - Complete the PREP as instructed.
 - You may consume clear liquids after midnight as specified on the PREP instruction sheet.
 - Consume nothing further by mouth within four (4) hours of your procedure except a sip of water for any other essential medications.
- **Important Reminder:**
 - Milk and coffee creamer **are not** considered clear liquids and your procedure will be cancelled if these items are consumed.
 - Please 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

- Take all prescribed medications the night before and/or the morning of the endoscopic procedure unless you have been instructed otherwise by the managing provider.

The following types of medication may require special pre-procedure considerations:

Anticoagulant Medication: It is important that you inform your GI physician if you are on any 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, 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.

Elective Non-Steroidal Anti-Inflammatory Medication: It is important you inform your GI physician at the time of procedural scheduling if you take any of these medications which include (Aleve, Advil, Motrin, Ibuprofen, Celebrex, Indocin, Diclofenac, etc.) as they should be discontinued five (5) days before your procedure.

Diabetic Medication: Will be managed on a case-by-case fashion. Please inform your GI Physician at the time of procedural scheduling if you are prescribed ANY medications for Diabetes.

Weight Loss Medication: If you are actively taking oral or injectable medication for weight-loss including but not limited to Semaglutides (Wegovy, Ozempic, Rybelsus, Zepbound) Contrave, Qsymia etc. it is imperative that you advise your GI physician as you may be required to hold them for up to two weeks prior to your procedure.

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.