

Tips for GI Procedures

You can do this, and we're here to help!

Please be sure you have a ride! We can not sedate you if you don't (and we will confirm this when you arrive). You need someone to go home with you even if you take a taxi, ride share service such as Uber and Lyft, bus, or other form of transportation.

An intake nurse will call you before the procedure to go over any questions or special situations, such as if you take:

- Diabetes pills or insulin
- Blood thinners, like Coumadin/Warfarin or Plavix.
- Weight loss drugs or stimulants
- Pain medications, such as narcotics
- Sleeping pills or anxiety medications, such as Benzos
- If you have a heart valve, pacemaker, or defibrillator
- If you are pregnant or are breastfeeding.

What to avoid five days before your colonoscopy

Iron supplements, vitamin E, turmeric or fish oil*

Corn, nuts, seeds, or popcorn*

Foods containing Olestra (Pringles)*

DO NOT stop blood pressure medications or aspirin unless told to.*

Don't worry if you missed this. We won't cancel your procedure!



What is a clear liquid?

Anything you can see through. No red, blue, or purple. Please limit the amount of diet drinks, as your body needs the sugar during prep.

- Chicken, beef, or vegetable broth or bouillon cubes
- Crystal Light, sparkling water, or sports drinks
- Jell-O, popsicles (without fruit), italian ice
- Apple, white cranberry, or white grape juice
- Ginger-Ale, 7-Up, Sierra Mist
- Tea or coffee without milk/cream
- Ensure (Clear apple flavor only)

If you get bloated, slow down and try walking.

Sip the prep through a straw or put it on ice.

Sucking on hard candies can help with the taste of the prep, however, do not suck on hard candy the day of the procedure.

Dab, don't wipe to avoid irritation.

If you are still not clear, call the office after 7 am (we can always push back your procedure.)

Do the best you can. We'll take care of the rest!