

Tips for GI Procedures

Please be sure you have a ride! We cannot provide sedation if you do not have a ride home. Alternative transportation methods such as taxi, ride share (Uber or Lyft), or a bus are permissible, but a responsible individual must remain with you during transportation home.

When you arrive, we will confirm the name of the individual transporting you home.

A pre-admission testing (PAT) nurse will call you before the procedure to review prep and medications. Special circumstances include:

- **Diabetes** pills or insulin
- **Blood thinners** (Coumadin/Warfarin or Plavix)
- **Weight loss drugs** or **stimulants** (Wegovy/Ozempic)
- **Pain medications**, such as **narcotics**
- **Sleeping pills** or **anxiety medications**
- **Daily Marijuana use**
- If you have a **heart valve**, **pacemaker**, or **defibrillator**.
- If you are **pregnant** or **breastfeeding**

If you do not hear from us within a week of your procedure, please call 207-535-1100 and select option 5.

What to avoid FIVE days before your colonoscopy

- All herbal medications, vitamins, iron supplements, vitamin E, turmeric, and fish oil
- Eat a Low-Residue diet: **avoid** whole grain bread, corn, nuts, seeds, popcorn, raw fruits and raw vegetables

On the day of your procedure

Please do NOT chew gum or suck on hard candy

Please see the next page regarding general prep information

What is a Clear Liquid?

Any liquid you can see through. **Please no Red, Blue, or Purple.**

- Chicken, beef, or vegetable broth (or bouillon cubes)
- Coconut water (not milk), Crystal light, sparkling water, sports drinks
- Jell-O, popsicles (without fruit or nuts), Italian ice
- Apple, white cranberry, or white grape juice
- Ginger-Ale, 7-Up, Sierra Mist
- Tea or coffee **WITHOUT** milk/cream
- Pedialyte
- Ensure (**Clear apple flavor only**)

Although alcohol is a clear liquid, it can cause dehydration. You should NOT drink alcohol while prepping

Prep for Success

Common symptoms that may occur during the prep:

- Nausea
- Vomiting
- Severe cramping
- Bloating
- Weakness
- Dizziness
- Sweating
- Chills

Nausea & Vomiting: Unfortunately, this is very common during bowel prep. We recommend alternating between sips of the prep and small sips of a clear liquid that you enjoy. Hydration is the key to prep for success! Although you are drinking a large amount of fluid, you are losing fluid and electrolytes much faster! **Beef, chicken, and vegetable broth** contain **sodium** and **potassium** to help with hydration. **Coconut water (not milk)** is a great electrolyte alternative for those who do not wish to drink sports drinks (Gatorade). If you are **vomiting, SLOW down the prep!** Place a cold facecloth on your forehead and the back of your neck and rest. Take small sips of broth, Gatorade, and/or coconut water to stay hydrated.

Weakness, Dizziness, Sweating, and Chills: Dehydration from the prep can cause weakness, dizziness, sweating, and chills. Continue to **hydrate** with small sips of broth, Gatorade, and/or coconut water. If you are experiencing weakness or dizziness during your prep, be sure to **move slowly between a sitting and standing position.**

Tip: *Lay flat on your back with your feet up*

Bloating & Severe cramping: Place a **heating pad** on the affected area and **lay on your side** with your knees curled up to your chest.

Prep for Success: Dab, don't wipe (this reduces irritation). Consider using soft, cleansing wipes.

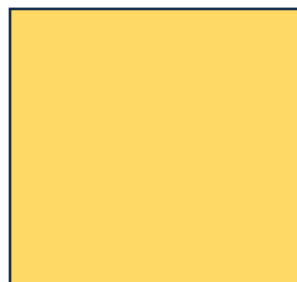
How is my Prep Working?



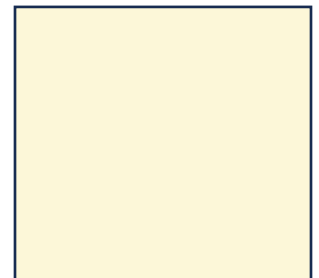
Beginning



Improving



Great!



Also Great!

- If you are still passing any **solid stool** on the day of your procedure, **please call!**
- **Flecks/sediment** is normal.
- **Cloudy yellow** or **cloudy clear** is normal.

It should look like chicken broth