Northern Light Health

Northern Light Eastern Maine Medical Center
Questions or concerns? Call us!

Your procedure is scheduled through:
• Gastroenterology – 207.973.4266, 2
• Surgical Specialists – 207.973.8881

Location: Endoscopy, third floor, Kagan Parking Garage, 489 State Street, Bangor

What to Expect for Gastroenterology Procedures

At least one week before procedure:
 	
If you **do not hear from us** within a week of your procedure, please call us.
	• **Schedule a responsible person to give you a ride home after your procedure.**
	• A Pre-Admission Testing nurse will call you before the procedure to review Prep instructions, home medications, and special considerations, including:
	  ○ **Diabetes** - pills or insulin
	  ○ **Blood thinners** (Coumadin, Warfarin, Plavix)
	  ○ History of **heart valve replacement, pacemaker,** or **defibrillator**
	  ○ **Marijuana** – daily use
	  ○ **Pain medications**, such as **narcotics or opiates**
	  ○ If you are **pregnant or breastfeeding**
	  ○ **Sleeping pills** or **anxiety medications**
	  ○ **Weight loss drugs** or **stimulants** (Wegovy, Ozempic, etc.)

Five days before your procedure:	• **Please avoid** herbal medications, vitamins, iron, vitamin E, turmeric, and fish oil. • **Follow a low-residue diet.** DO NOT EAT: whole grain bread, corn, nuts, seeds, popcorn, raw fruits, or raw vegetables.

One day before your procedure:	Follow instructions for Bowel Prep, including a clear liquid diet.
	
	What is a clear liquid?
	Clear liquids are any fluids you can see through. No red, blue, or purple drinks!
	  ○ Chicken/beef/vegetable broth or bouillon cubes
	  ○ Coconut water (not milk)
	  ○ Crystal Light, sports drinks (Gatorade, Powerade), Pedialyte
	  ○ Jell-O, popsicles (without fruit or nuts), or Italian ice
	  ○ Apple, white cranberry, or white grape juice
	  ○ Ensure **(Clear Apple flavor only)**
	  ○ Sparkling water, ginger ale, 7-Up, or Sprite
	  ○ Tea or coffee **without** milk or cream
	
	Although alcohol is a clear liquid, it can cause dehydration. You should NOT drink alcohol while prepping!
	
	Common symptoms that occur during the Prep and tips to reduce their effects:
	
	Bathroom discomfort: Remember to **dab**, not wipe during toileting hygiene to reduce irritation. Consider using soft cleansing wipes.
	
	Bloating and severe cramping: Place a heating pad on the affected area and lay on your side with your knees curled up to your chest.

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<tr><td>One day before procedure (continued)</td><td>

Common symptoms and tips (continued)

Hydration is the key to successful Prep. Although you are drinking a large amount of fluid, you are losing fluid and electrolytes much faster. Take small sips of clear liquids to stay hydrated.

Nausea and vomiting is VERY COMMON during bowel Prep. Consider the following options for **electrolyte replenishment** during Prep:

- **Beef, chicken, or vegetable broth** contains sodium and potassium to help with hydration.
- **Coconut water** (not milk) is a great alternative for electrolyte replacement for those who don't want to drink sports drinks like Gatorade.

- To help with nausea and vomiting, try alternating between sips of Prep Solution and a clear liquid that you enjoy.
- If you are **vomiting**, **SLOW DOWN the Prep** and follow these tips:
  - Place a cold facecloth on your forehead and the back of your neck and rest.
  - It may help to chew gum or suck on hard candy.

Weakness, dizziness, sweating, and chills usually result from dehydration.

- Continue to **hydrate** with small sips of clear liquids.
- **Move slowly between sitting and standing position**.
- If dizziness persists, **lay flat on your back with your feet up.**

Unpleasant taste: Drinking the Prep solution with a straw may make it more tolerable.

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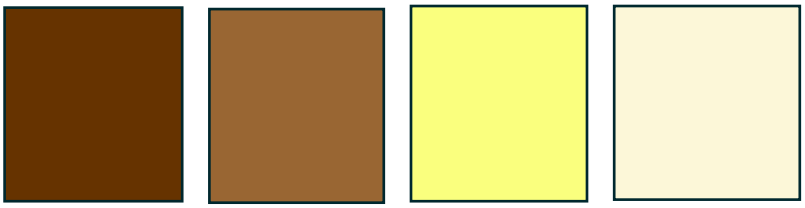
How is the Prep working?

Normal: Flecks, sediment, cloudy yellow, or cloudy clear
When complete: It should look like chicken broth.



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<tr><td>Day of procedure:</td><td>

- **If you are still passing <u>solid stool</u> on the day of your procedure, call us.**
- On procedure day, do not chew gum or suck on hard candy!

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<tr><td>Immediately after procedure:</td><td>

You will need a responsible person to take you home after your procedure!

- You cannot get a colonoscopy if you do not have a ride home.
- **When you arrive for your procedure, we will confirm the name of the person accompanying you or driving you home.**
- Alternative transportation, such as taxi, bus, or ride share (Uber or Lyft) are permissible **ONLY if you have a responsible person to accompany you on the ride home.**

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