

## 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 a **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**

- Iron supplements, vitamin E, turmeric, or **fish oil**
- Whole grain bread, corn, nuts, seeds, or popcorn

### **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.

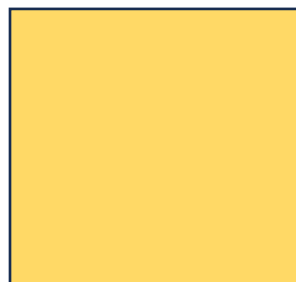
## How is my Prep Working?



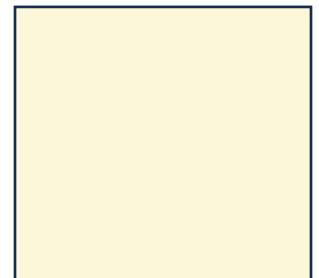
**Beginning**



**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\***