



Medications:

- Contact your prescribing provider for instructions regarding your **blood thinning medications**, such as: Aggrenox, Brilinta, Coumadin, Eliquis, Plavix, Pradaxa, and Xarelto, Warfarin etc.
 - **Diabetic Patients:** Contact your prescribing provider for directions regarding your diabetes medications.
- **DO NOT stop taking these medications until directed by your prescribing provider****

One Week Prior:

- Continue taking Aspirin products (including baby aspirin - 81mg) unless directed otherwise by your provider or nursing staff.
- Stop taking anti-inflammatory products such as: Aleve, Excedrin, Ibuprofen, Alk-Seltzer, etc. ****Tylenol (Acetaminophen) is allowed if needed****
- Stop taking ALL over the counter supplements and vitamins.
- Stop taking GLP-1 medications (daily, weekly, oral, injectables) **EXCEPT those mixed with insulin a minimum of 7 days prior to procedure (not including date of procedure).**

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|--------------------------------------|--|
| <input type="checkbox"/> Phentermine | <input type="checkbox"/> Wegovy |
| <input type="checkbox"/> Ozempic | <input type="checkbox"/> Trulicity |
| <input type="checkbox"/> Mounjaro | <input type="checkbox"/> Saxenda |
| <input type="checkbox"/> Victoza | <input type="checkbox"/> Byetta |
| <input type="checkbox"/> Bydureon | <input type="checkbox"/> Others as directed by medical staff |

- Avoid eating: seeds, nuts, granola, corn, quinoa, and popcorn.

3-4 Days Prior:

- Stop taking SGLT2 as listed below:

- Jardiance
- Invokana
- Farxiga
- Synjardy
- Steglatro (hold 4 days prior)

You are responsible for contacting your prescribing provider for holding instructions for all other prescription medications.

One Day Before Procedure:

● **CLEAR LIQUIDS ONLY - no solid food**

- Allowed
 - Clear Fat-Free Broth (any flavor)
 - Tea or Coffee (no creamer or dairy) - sugar/honey are ok
 - Clear juices - apple, white grape
 - Carbonated beverages - Coke, Pepsi, Ginger-Ale, 7UP, Sprite, Ice - flavored water
 - Gatorade or other sports drinks
 - Flavored gelatin (Jello)
 - Popsicles (without milk or fruit pieces)
 - Electrolyte Water - Propel, Smartwater, Fuji Water
 - Clear Ensure - NOT chocolate, strawberry, or vanilla

****NOTHING THAT IS RED, BLUE, OR PURPLE****

- NOT Allowed
 - No dairy products (including oat and soy milk)
 - No alcohol
 - No juices with pulp (orange, pineapple, grapefruit, including lemonade)

It is important that you drink fluids and stay well hydrated prior to your procedure.

****You MUST remain on a clear liquid diet until after your procedure****

● **Medications:**

- You must stop erectile dysfunction medications 24 hours prior - including Viagra and Cialis

Bowel Prep:

- Follow these instructions - DO NOT FOLLOW INSTRUCTIONS ON THE BOX

SuPrep instructions:

For your procedure you will take one half of the prep the evening before the procedure, and the other half the morning of the procedure.

Dose one: 5pm the day prior to your procedure, pour the 1st bottle of Suprep liquid into the mixing container and fill the container to the "fill line" with cool water; mix. Drink all of the liquid in the container. You must drink two more 16 oz containers of water over the next 1 hour. Continue drinking clear liquids all evening.

DAY OF PROCEDURE:

Dose two: The day of your procedure, **6 hours before your ARRIVAL time**, pour the 2nd bottle of Suprep into the mixing container and fill the container to the "fill line" with cool water; mix. Drink all of the liquid in the container. You must drink two more 16 oz containers of water over the next 1 hour.

Please drink additional clear liquids (water, black coffee - without milk or cream, apple juice, soda pop or club soda) until **4 hours prior to your ARRIVAL time**.

Day of Procedure:

- **Stop all nicotine products (including ZYN pouches), stop all vaping, do not chew gum, or have hard candies/mints**
- ONLY CLEAR LIQUIDS- no solid food
 - Water
 - Black coffee (no creamer or dairy products) - sugar/honey are ok
 - Apple juice
 - Clear soda - 7Up, Sprite, club soda

****NOTHING BY MOUTH 4 HOURS PRIOR TO ARRIVAL OR YOUR CASE WILL BE CANCELLED****

You should expect to spend up to 2 1/2 - 3 hours in our procedures unit, longer if you are scheduled to have an additional test done on the same day.

Transportation:

- Driving is not allowed after a procedure with sedation/anesthesia.
- It is required that you identify a driver for transporting you home. If you are unable to identify a driver, please let us know as soon as possible as your procedure may need to be cancelled/rescheduled.

Care at Home:

- For your safety, it is recommended that you have a responsible adult with you for 8-24 hours after a procedure to support you in the case of a complication or medication side effect.

It is the responsibility of the patient to understand if your procedure is covered - including difference between screening and diagnostic. Please contact your insurance carrier for further benefit coverage information.

If you have questions or must reschedule/cancel your procedure, please call **GI - 541-706-4220**. **We request a minimum 72-hour notice for all cancellations and reschedules.**