

**PLEASE READ AT LEAST 1 WEEK PRIOR TO YOUR PROCEDURE
FAILURE TO FOLLOW THESE INSTRUCTIONS WILL DELAY OR RESULT IN THE
CANCELLATION OF YOUR PROCEDURE**

Appointment Details:


Please refer to your patient portal or appointment reminder for your appointment date, time, and location.

- ➔ If your procedure is at Greenville Endoscopy Center or Clemson Endoscopy Center your arrival time is **1 hour before your procedure time.**
- ➔ If your procedure is at Pelham Medical Center, Prisma Hospital or Hillcrest Hospital a member of the hospital pre-assessment team will contact you prior to your procedure with an arrival time.

****PLEASE CALL 864-232-7338 TO CANCEL/RESCHEDULE 5 BUSINESS DAYS PRIOR TO YOUR PROCEDURE TO AVOID A \$250 LATE CANCELLATION OR MISSED PROCEDURE CHARGE****

AN ADULT DRIVER (AGE 18 OR OLDER) MUST ACCOMPANY YOU. YOUR DRIVER MUST REMAIN IN THE FACILITY OR YOUR PROCEDURE MAY BE RESCHEDULED THREE (3) DAYS PRIOR TO YOUR PROCEDURE AVOID SEEDS, NUTS, CORN, AND POPCORN.

MEDICATION INSTRUCTIONS (refer to the table below for when to stop your medications):

	7 DAYS PRIOR	5 DAYS PRIOR	3 DAYS PRIOR	DAY BEFORE (Prep Day)	PROCEDURE DAY
STOP 	Diet Meds (Adipex, Momaira, Qsymia, Phentermine, GOLO Release, etc.)	Iron Supplements	Do not eat seeds, nuts, corn, and popcorn	Diabetics only take ½ dose	Diabetics do not take diabetic meds or insulin but bring to your procedure.
<p>Day before procedure (prep day): Continue all daily medications (not listed above), including aspirin. DO NOT STOP ASPIRIN.</p> <p>Day of your procedure: Take your aspirin, blood pressure, heart (except blood thinners), thyroid, or seizure medications with a small sip of water. Hold all other medications until after your procedure.</p> <p>If you have asthma, or other lung conditions, please bring your inhalers with you to your procedure.</p>					

Prep Instructions

1. Purchase one 238-gram (or 8.3 oz) bottle of MiraLAX (over the counter)
2. Purchase four (4) Dulcolax laxative tablets (over the counter)
3. Purchase 64 ounces of Gatorade (NO red, blue, or purple)
4. Follow the directions below

[Prep Date=Day Before Procedure] CLEAR LIQUID DIET ALL DAY, NO SOLID FOODS.

CLEAR LIQUID (one you can see through) DIET CHOICES: (NO RED, BLUE, OR PURPLE LIQUIDS, AND NO DAIRY PRODUCTS)

- Soups: Bouillon (NO broth)
- Desserts: Jell-O, Popsicles (no red, blue, or purple)
- Beverages: Coffee (Black, or with sugar only-no dairy or artificial creamers), tea, apple juice, white grape juice. Carbonated beverages: Coke, Pepsi, 7-Up, Sprite, Ginger Ale. Sports Drinks: Gatorade, G2, Powerade, coconut water (NOT coconut milk)

At 5:00pm, take 4 Dulcolax tablets with 8 ounces of a clear liquid.

At 6:00pm, mix ALL the MiraLAX with 64 ounces of Gatorade. Drink 8 ounces every 30 minutes for a total of 4 doses (32 ounces).

Morning exams (procedure time prior to 12:00pm)

At 11:00pm, drink 8 ounces of the remaining solution every 30 minutes for a total of 4 doses.

Afternoon exams (procedure time 12:00pm or later)

At 5:00am on your procedure day, drink 8 ounces of the remaining solution every 30 minutes for a total of 4 doses.

[Procedure Day] NO SOLID FOOD UNTIL AFTER YOUR PROCEDURE

STOP DRINKING ALL LIQUIDS 4 HOURS PRIOR (refer to chart below) TO PROCEDURE TIME. NOTHING AFTER THIS TIME INCLUDING WATER, CHEWING TOBACCO, CHEWING GUM AND HARD CANDY.

ARRIVAL TIME	STOP all liquids – nothing after this time	ARRIVAL TIME	STOP all liquids – nothing after this time
6:30 AM	3:00 AM	11:00 AM	8:00 AM
7:00 AM	3:30 AM	11:30 AM	8:30 AM
7:30 AM	4:30 AM	12:00 PM	9:00 AM
8:00 AM	5:00 AM	12:30 PM	9:30 AM
8:30 AM	5:30 AM	1:00 PM	10:00 AM
9:00 AM	6:00 AM	1:30 PM	10:30 AM
9:30 AM	6:30 AM	2:00 PM	11:00 AM
10:00 AM	7:00 AM	2:30 PM	11:30 AM
10:30 AM	7:30 AM	3:00 PM	12:00 PM

Food and drink taken before anesthesia can cause problems such as choking or vomiting. When sedated your body's normal protective airway reflexes are impaired. Having food or liquids in your stomach of any amount greatly increases the chance of serious consequences.

Dizziness and headache could be signs of low blood sugar. Drinking a regular carbonated beverage (not diet) or apple juice may alleviate these symptoms.



Purchase:



4 Dulcolax
laxative
tablets



238 gram (8.3 oz)
bottle of MiraLax



64 ounces of
Gatorade
(no red, blue, or purple)

DAY
BEFORE
EXAM

CLEAR LIQUIDS ONLY

No solid
food



5:00
pm

Take
4 Ducolax
tablets



6:00
pm

Mix
64 oz of gatorade & 238
g. bottle of MiraLax.
Drink
8 oz every 30 minutes
for 4 total doses (32oz).



CONTINUE
CLEAR
LIQUIDS



DAY
OF
EXAM

7 HOURS PRIOR TO
EXAM ARRIVAL
TIME

Drink
8 oz every
30 minutes
for 4 total doses
(remaining 32 oz)



Take
aspirin, blood pressure,
heart (except blood
thinners), thyroid, or seizure
medications

Hold
diabetic meds, blood
thinners and all other
medications



4 HOURS PRIOR
TO PROCEDURE
TIME

STOP CLEAR
LIQUID DIET



Including chewing
gum, water and hard
candy

Arrive
at designated
arrival time with an
adult driver

