

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 or Hillcrest Hospital, or Baptist Easley Hospital a member of the hospital pre-assessment team will contact the day before your procedure with an arrival time. (Pre-assessment #: Pelham: 530-2128, Prisma/Hillcrest: 522-6000, Baptist Easley: 442-7833)

****Cancellation less than (7) days before your procedure date will result in a \$100 late cancellation fee. If you must cancel or reschedule your procedure, please call 864-232-7338. ****

AN ADULT DRIVER (AGE 18 OR OLDER) MUST ACCOMPANY YOU. YOUR DRIVER MUST REMAIN IN THE FACILITY OR YOUR PROCEDURE MAY BE RESCHEDULED.



7 days prior to procedure.....

- **Stop** taking weight loss or appetite suppressant medications such as: Adipex, Momaira, Osymia, Phentermine, GOLO Release, Lomaira, Duromine, Metermine, Suprenza, Fastin.

5 days prior to procedure.....

- **Stop** taking iron supplements.

3 days prior to procedure.....

- **Do not** eat seeds, nuts, corn, or popcorn until after your procedure.

****If you are currently taking a blood thinner medication, please follow hold instructions provided by our office. Call our office if you have not received instructions for your blood thinner medication hold.**

1 DAY BEFORE YOUR PROCEDURE:

- If you are on the following injectable medications, you will begin a clear liquid diet 24 hours prior to your procedure.
 - Dulaglutide (Trulicity), Exenatide (Bydureon bcise, Byetta), Semaglutide (Ozempic, Wegovy, Rebelsus by mouth), Liraglutide (Victoza), Lixisenatide (Adlyxin).
- If you are diabetic, only take ½ your medication dose.

DAY OF YOUR PROCEDURE:

- Diabetics do not take diabetic meds or insulin but bring to your procedure.
- You may take all your morning medications, including Aspirin, with a small sip of water unless otherwise instructed.
- If you have asthma, or other lung conditions, please bring your inhalers with you to your procedure.
- **NO SOLID FOOD AFTER MIDNIGHT. CLEAR LIQUID DIET ONLY.**

12:00 AM day of your procedure: STOP all solid food. You will be on a clear liquid diet only.

4 hours before your procedure time: STOP drinking all liquids (including water, chewing tobacco, chewing gum, hard candy).

Refer to table provided for time to stop all liquids.

Clear Liquid (one you can see through):

- Gatorade, Pedialyte, or Powerade
- Coffee or tea (no milk, creamer, or artificial creamers)
- Carbonated drinks: Coke, Pepsi, 7-Up, Sprite, Ginger Ale
- Apple or white grape juice
- Soups: Bouillon (NO broth)
- Jell-O, popsicles (no red, blue, or purple)

Not Clear Liquid:

- No red, purple, or blue items
- No alcohol
- No milk or coconut milk
- No noodles or vegetables in soup
- No juice with pulp
- No liquid you cannot see through

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.

PREP TIPS AND FREQUENTLY ASKED QUESTIONS:

1. Dizziness or headache could be signs of low blood sugar. Drink a regular carbonated beverage (not diet) or apple juice to help alleviate these symptoms.
2. You can chew gum or suck hard candy but nothing with soft centers or of red color. No gum or candy 4 hours prior to your procedure.
3. You can brush your teeth prior to your procedure.
4. You may wear your dentures to your procedure; however, you may be asked to remove them prior to your procedure.
5. You should remove all jewelry prior to coming to your procedure.

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