

PLEASE READ THOROUGHLY: FAILURE TO FOLLOW ALL INSTRUCTIONS MAY RESULT IN DELAYS/CANCELLATIONS.



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

- ➔ Procedures at Greenville Endoscopy Center or Clemson Endoscopy Center ➔ refer to the table on page 2 for your arrival time.
- ➔ Procedures at Pelham Medical Center, Prisma or Hillcrest Hospital, or Baptist Easley Hospital ➔ the hospital pre-assessment team will contact you the day before your procedure with your arrival and procedure time. (Pre-Assessment #s: Pelham: 530-2128, Prisma/Hillcrest: 522-6000, Baptist Easley: 442-7833)

IMPORTANT APPOINTMENT INFORMATION:

- AN ADULT DRIVER 18+ MUST ACCOMPANY YOU & REMAIN IN THE FACILITY. Taxi/cab, Uber/Lyft, bus, and medical transport are NOT acceptable rides home unless accompanied by an adult (18+) friend/family member.
- For your safety, please remove all metal including piercings and jewelry prior to your arrival. Leave all jewelry at home.
- The sedation you receive for your procedure may cause sleepiness, dizziness, forgetfulness or light-headedness. Your judgement and reflexes may be impaired. These are normal reactions to the medication that can last for the remainder of the day. For this reason, you should not plan to work or drive on the day of your procedure. Unless otherwise instructed, you should be able to resume normal activities the day following your procedure.
- Cancellations less than 7 days prior to your procedure will result in a \$100 fee. No-showing your procedure will result in a \$250 fee. Appointments rescheduled more than 2 times will result in a \$100 fee and an office visit will be required prior to rescheduling again.
- **If you are currently taking blood thinner medication, please follow hold instructions provided by our office. Call if you have not received instructions for your blood thinner medication hold.**
- 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.

***7 DAYS BEFORE YOUR PROCEDURE:**

- **STOP** taking weight loss or appetite suppressant medications such as: Adipex, Momaira, Osymia, Phentermine, GOLO Release, Lomaira, Duromine, Metermine, Suprenza, Fastin. You may resume these after your procedure is complete.
- **STOP** taking any of the following GLP-1 medications: Adlyxin/lixisenatide, Bydureon bcise/exenatide XR, Byetta/exenatide, Mounjaro/tirzepatide, Ozempic/semaglutide, Rybelsus/semaglutide, Trulicity/dulaglutide, Victoza/saxenda/liraglutide, Wegovy/semaglutide, Zepbound/tirzepatide

***5 DAYS BEFORE YOUR PROCEDURE:**

- **STOP** taking iron supplements.

***3 DAYS BEFORE YOUR PROCEDURE:**

- **STOP** taking any of the following: Invokana/canagliflozin, Farxiga/dapagliflozin, Jardiance/ empagliflozin, Steglatro/ertugliflozin, and Brenzavvy/bexagliflozin
- **STOP** eating raw fruit, raw vegetables, seeds, nuts, corn, or popcorn until after your procedure.

***DAY BEFORE YOUR PROCEDURE:**

1. 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).
2. If you are taking medications for diabetes (insulin injections or oral medications by mouth), take half the usual dose on this day and NONE the day of your procedure until your procedure is completed and you resume your usual diet.

*PROCEDURE DAY:

- If you have diabetes, do not take your diabetes medications until your procedure is complete and you resume your regular diet. Bring medications 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.
- **At 12:00am, the morning of your procedure:** NO SOLID FOOD AFTER MIDNIGHT. CLEAR LIQUID DIET ONLY.
- **4 hours before your procedure time (refer to table below):** STOP drinking all liquids (including water, chewing tobacco, chewing gum, hard candy).

Arrival Time / Procedure Time	STOP all liquids	CLEAR LIQUID DIET OPTIONS: No red, purple, or blue
6:45 AM / 7:30 AM	3:30 AM	<ul style="list-style-type: none">• Dairy/fruit free popsicles, Jell-O• Black coffee with sugar ONLY (no dairy or artificial creamers) or tea• Bouillon powder or cubes (no broth due to fat content in broth)• Apple juice or white grape juice• Coke, Pepsi, 7-Up, Sprite, Ginger Ale• Sport drinks - Gatorade, Powerade, etc.• Hard candy <p>*Diabetics may substitute with Gatorade G2 or Powerade Zero</p>
6:45AM / 7:45 AM	3:30 AM	
7:00 AM / 8:00 AM	4:00 AM	
7:30 AM / 8:30 AM	4:30 AM	
8:00 AM / 9:00 AM	5:00 AM	
8:30 AM / 9:30 AM	5:30 AM	
9:00 AM / 10:00 AM	6:00 AM	
9:30 AM / 10:30 AM	6:30 AM	
10:00 AM / 11:00 AM	7:00 AM	
10:30 AM / 11:30 AM	7:30 AM	
11:00 AM / 12:00 PM	8:00 AM	WHAT TO AVOID – NOT CLEAR LIQUID OPTIONS: <ul style="list-style-type: none">• No alcohol• No milk or coconut milk• No noodles or vegetables in soup• No juice with pulp• No liquid you cannot see through
11:30AM / 12:30 PM	8:30 AM	
12:00 PM / 1:00 PM	9:00 AM	
12:30 PM / 1:30 PM	9:30 AM	
1:00 PM / 2:00 PM	10:00 AM	
1:30 PM / 2:30 PM	10:30 AM	
2:00 PM / 3:00 PM	11:00 AM	
2:30 PM / 3:30 PM	11:30 AM	
<i>*Procedures Scheduled at Hospitals → arrival and procedure time is determined by the hospital facility. Their pre-assessment team will call to provide this information the day before your procedure.</i>		

IMPORTANT REMINDERS / FREQUENTLY ASKED QUESTIONS:

- Sedation impairs your normal protective reflexes. Having food/liquids in your stomach of any amount can cause choking/vomiting greatly increasing the chance of serious consequences. Please strictly follow all guidelines.
- Dizziness/headache may be signs of low blood sugar. A regular soda (not diet) or apple juice may alleviate symptoms.
- You can chew gum or suck hard candy but nothing with soft centers or red color. No gum or candy 4 hours prior to your procedure.
- UPPER RESPIRATORY INFECTION - You MUST BE symptom free for at least 4 weeks prior to your procedure. Call our office if you need to reschedule (864) 232-7338.
- You can brush your teeth prior to your procedure.
- You may wear your dentures to your procedure; however, you may be asked to remove them prior to your procedure.

