

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 #: 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.

MIRALAX/GATORADE BOWEL PREP INSTRUCTIONS:

What you'll need: (purchase at least 72 hours prior to date of procedure. A prescription is not required.)

- ☐ One (1) 238-gram (or 8.3 oz) bottle of Miralax (over the counter, generic is fine)
- ☐ Four (4) Dulcolax **laxative** tablets (over the counter, do not get stool softener, generic -bisacodyl is fine)
- ☐ (1) 64 ounce bottle of Gatorade (NO red, blue, or purple / G2 if you are diabetic)

****You may wish to mix Miralax and Gatorade and let it chill for a few hours before you begin drinking.**

***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 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.
2. **BEGIN CLEAR LIQUID DIET** (see *clear liquid diet options below*), starting with breakfast. NO SOLID FOODS, CREAM, OR MILK PRODUCTS UNTIL YOUR PROCEDURE IS DONE. AVOID red, blue, and purple liquids.

PART 1 OF PREP

1. **At 5:00pm**, take 4 Dulcolax tablets with 8 ounces of a clear liquid. You may have clear liquids until your "STOP liquids" time shown on the table below.
2. **At 6:00pm**, mix ALL Miralax powder with 64 ounces of Gatorade. Drink 8 ounces every 30 minutes for a total of 4 doses (32 ounces). This will be half of your Gatorade/Miralax mixture.

PART 2 OF PREP

1. **At (refer to table below for time), complete 2nd half of prep:** drink 8 ounces every 30 minutes for a total of 4 doses. This will be the final 32 ounces of your prep solution.

Arrival Time / Procedure Time	2 nd Half of Prep Start Time	STOP all liquids	CLEAR LIQUID DIET OPTIONS: No red, purple, or blue
6:45 AM / 7:30 AM	11:00 PM	3:30 AM	• Dairy/fruit free popsicles, Jell-O • Black coffee with sugar ONLY (no diary 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 *Diabetics may substitute with Gatorade G2 or Powerade Zero
6:45AM / 7:45 AM	11:00 PM	3:30 AM	
7:00 AM / 8:00 AM	11:00 PM	4:00 AM	
7:30 AM / 8:30 AM	11:00 PM	4:30 AM	
8:00 AM / 9:00 AM	11:00 PM	5:00 AM	
8:30 AM / 9:30 AM	11:00 PM	5:30 AM	
9:00 AM / 10:00 AM	4:00 AM	6:00 AM	
9:30 AM / 10:30 AM	4:30 AM	6:30 AM	
10:00 AM / 11:00 AM	5:00 AM	7:00 AM	
10:30 AM / 11:30 AM	5:30 AM	7:30 AM	
11:00 AM / 12:00 PM	6:00 AM	8:00 AM	WHAT TO AVOID – NOT CLEAR LIQUID OPTIONS: • 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	6:30 AM	8:30 AM	
12:00 PM / 1:00 PM	7:00 AM	9:00 AM	
12:30 PM / 1:30 PM	7:30 AM	9:30 AM	
1:00 PM / 2:00 PM	8:00 AM	10:00 AM	
1:30 PM / 2:30 PM	8:00 AM	10:30 AM	
2:00 PM / 3:00 PM	8:00 AM	11:00 AM	
2:30 PM / 3:30 PM	8:00 AM	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>			

*PROCEDURE DAY:

- **4 HOURS BEFORE YOUR PROCEDURE TIME (refer to table above):**
DO NOT EAT OR DRINK ANYTHING. NO SOLID FOOD, WATER, GUM, OR HARD CANDY. YOU MAY HAVE CLEAR LIQUIDS UNTIL 4 HOURS PRIOR. Failure to follow the intake restrictions may result in your procedure being delayed or cancelled!
- If you take medications for Parkinson's disease, thyroid, heart disease, high blood pressure, anxiety, or a seizure disorder, you SHOULD take these medications with a sip of water, early in the morning, on the day of your procedure, regardless of pill color.
- 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 Aspirin, blood pressure, heart, thyroid or seizure medications 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.

****You are ready for the exam if you followed all instructions and your stool is no longer formed/solid, but clear or yellow liquid.**

IMPORTANT REMINDERS / FREQUENTLY ASKED QUESTIONS:

- Don't like Gatorade? You can use other clear liquids such as Propel, Pedialyte, Vitamin Water, or Powerade. We encourage you to hydrate and consume drinks with electrolytes since you are not eating solid foods.
- 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.
- NAUSEATED OR VOMITTING? Wait 15-30 minutes before continuing the prep then start back slowly. you may take Benadryl to help control nausea or rinse your mouth with water or mouthwash.
- 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.
- Continue and FINISH your prep even if you already have loose, watery stools.
- You should take LAXATIVE Dulcolax pills even if you're already experiencing diarrhea. Stool softeners are not strong enough to fully cleanse the bowel for the procedure.
- FEMALES: Your procedure can still be performed if you are on your menstrual period. We ask you to use a tampon, if possible, but bed pads are available if needed.
- If you are still passing solid stools the morning of your procedure, take a tap water enema until your stool runs clear. Call our office if it's still solid.
- Stay near a toilet. You will have diarrhea, which can be quite sudden. This is normal.
- It is common to experience abdominal discomfort until the stool has flushed from your colon. This may take 2-4 hours, and occasionally longer.