

IMPORTANT INSTRUCTIONS

READ THE INFORMATION PACKET GIVEN TO YOU

On the Day BEFORE Your Procedure

If you are having an UPPER ENDOSCOPY: eat your normal diet.

If you are having a COLONOSCOPY: **DO NOT EAT SOLID FOOD!**

Only drink clear liquids!

Liquids you can see through, such as:

Colon Prep with Gatorade	Water	Soft Drinks
Beef, Chicken or Vegetable Broth	Tea	Sports Drinks
Apple or White Grape Juice		Black Coffee

On the Day OF Your Procedure

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT!

EXCEPT COLON PREP

DO NOT CHEW GUM OR TOBACCO PRODUCTS, DO NOT EAT HARD CANDY

Doing so will CANCEL or DELAY your procedure for at least 6 hours.

MEDICATIONS -- ON THE DAY OF YOUR PROCEDURE

DO NOT TAKE INSULIN OR DIABETES MEDICATIONS

DO NOT TAKE ANTI-COAGULANTS or BLOOD THINNERS

Take all routine medications at the regular time, including:

Heart and Blood Pressure Medications

Daily Inhalers -- Bring your inhalers to the Endoscopy Center

Dentures & Partial

Do not glue in Dentures or Partial
They will be removed for the procedure

Body Piercings

Remove Nose & Tongue Jewelry prior to arrival

Do not wear dangly or large earrings

They will be removed for the procedure