Gastro One Prep

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GENERAL INSTRUCTIONS

1. Bring an adult driver. Your driver must be 18 years of age or over and they must stay in the Endoscopy Center. You will be given a sedative for your test, and you are not to drive until the next day. Therefore, one person must stay and drive you home. Your procedure will be rescheduled if your driver cannot stay in the Center.

2. If you need to reschedule your procedure, please call your physician's office at least 3-4 days in advance so that we may schedule another patient in your appointment time.

3. NOTIFY US IN ADVANCE:
   - If you are taking a blood thinner prescribed by a physician (such as Coumadin, Plavix, Effient, Eliquis or Ticlid). Your gastroenterologist will need to determine if these medication dosages require adjustment prior to the procedure. Failure to properly adjust these medications may result in cancellation of your procedure. You may continue to take Aspirin as usual.
   - If you are having chest pain or undergoing cardiac testing. (IMPORTANT: Please notify us before you begin to prep for your procedure.)
   - If you have ever had excessive bleeding after an operation or problems with anesthesia.
   - If there is a possibility you are pregnant.

4. DO NOT:
   - Take iron, diet pills (Phentermine, Adipex or Qsymia) or herbal medications for seven (7) days prior to having your procedure. You may take vitamins.
   - Drink alcohol for 24 hours before or after your procedure.
   - Use items such as gum, hard candy, breath mints, smokeless tobacco, or illicit drugs such as marijuana on the day of your procedure.

5. If you have dentures, you may be required to remove them for the procedure.

6. Leave your valuables at home. If you have body piercings, you will be asked to remove them prior to the procedure for your safety.

7. If you are a diabetic, do not take your diabetic medication the day of your procedure. Bring your medication with you so you can take it after your procedure.

8. If you have asthma, please bring your inhaler with you.

9. Take your usual prescribed medications with no more than two (2) tablespoons / one (1) ounce of water up to three (3) hours prior to your appointment time.

Please call us at 901-747-3630 if you have any questions or if you are having difficulty with the preparation. We are available 24 hours a day, 7 days a week.

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IMPORTANT MEDICATION INFORMATION

Hold as Instructed Prior to Procedure

The following medications should be held as instructed prior to procedure:

Phentermine: Adipex-P, Qsymia, and Lomaira (Daily) – These medications will need to be **stopped seven (7) days prior** to your procedure.

GLP-1 Medications

All GLP-1 medications, including those listed below, will need to be **stopped seven (7) days prior** to your procedure if you are on a weekly dose or **the day of** your procedure if you are on a daily dose.

- Dulaglutide: Trulicity (weekly)
- Exenatide: Bydureon (weekly) and Byetta (daily)
- Liraglutide: Victoza (weekly) and Saxenda (daily)
- Lixisenatide: Adlyxin and Soliqua (daily)
- Semaglutide: Ozempic (weekly), Wegovy (weekly) and Rybelsus (daily)
- Tirzepatide: Mounjaro (weekly) and Zepbound (weekly)

For any questions or to reschedule your appointment, please call our office at 901-747-3630. We apologize for any inconvenience this may cause.

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Upper EUS (Endoscopy) Prep

**Unless instructed otherwise by your physician

If you are having both an upper endoscopy and a colonoscopy follow the colonoscopy prep instructions.

1 DAY BEFORE YOUR PROCEDURE

You may have your usual food until 10:00 pm. After 10:00 pm clear liquids only.

THE DAY OF YOUR PROCEDURE

You may take your prescribed medications (except those listed in the booklet) with water up to 3 hours before your appointment arrival time on the day of your procedure.

Do not use items such as gum, hard candy, breath mints or smokeless tobacco on the day of your procedure.

CLEAR LIQUIDS

Clear liquids include water, coffee, tea, clear broth or bouillon, Gatorade, PowerAde, carbonated and non-carbonated soft drinks, Kool-Aid or other flavored drinks, clear fruit juices such as apple or white grape juice, Jell-O, or popsicles.

NO RED OR PURPLE COLORS – NO MILK PRODUCTS – NO ALCOHOL

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DIABETIC PREP

Medications:

- If you take oral medications for your diabetes, do NOT take your diabetes pills on the day prior to your procedure (prep day) or on the day of your procedure (until your procedure is complete and you resume a normal diet).
- If you take non-insulin injectable medications (Byetta, Bydureon, Victoza, Trulicity, Tanzeum, Symlin), do not take the medication if your injection day is the day prior to your procedure (prep day). You can resume it after the procedure is complete.
- If you take insulin, reduce your dose by 50% (half) of your normal dose on the day prior to your procedure and the day of your procedure. You can resume your normal dose after the procedure when you resume a normal diet.
- If you use an insulin pump, contact your diabetes doctor for instruction. Generally, most patients will need to reduce their basal rate to 80% of the normal rate.

Diet:

- You should aim for 45-60 grams of carbs with each meal. Although you may ordinarily avoid sugars, they are ok to take when you are prepping for your colonoscopy as these will be the main source of calories when you are on a clear liquid diet.
- For snacks, try to include other fluids that contain electrolytes such as broth.
- Examples of clear liquids with carb amounts are listed below. Note, if you experience low blood sugar (<60) during the 2 hours before your procedure, you can take 3 teaspoons of soda or clear juice to raise your sugar. Do NOT take solid foods or non-clear liquids, as your procedure will be cancelled.

FLUID	AMOUNT	CARBS
Juice	½ cup	15 g
Jello	½ cup	15 g
Soda	1 can	40 g
Popsicle	1 double stick	15 g
Gatorade/Powerade	½ cup	15 g
Broth (veg/chicken/beef)	any	0 g
Clear protein drinks	any	0 g

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