

Guide To Prepare For Your Procedure

Pre- Procedure Checklist

Ask About Your Medications

Anticoagulants (Blood Thinners)

Blood thinners are medications that affect the way your blood clots. If you take a blood thinner, such as to treat blood clots or to prevent a heart attack or stroke, ask the doctor who prescribes it for you when to stop taking it.

Examples of common blood thinners are listed below. There are others, so be sure your care team knows all the medications you take. Do not stop taking your blood thinners without talking with a member of your care team.

- Apixaban (Eliquis®)
- Aspirin
- Celecoxib (Celebrex®)
- Cilostazol (Pletal®)
- Clopidogrel (Plavix®)
- Dabigatran (Pradaxa®)
- Dalteparin (Fragmin®)
- Dipyridamole (Persantine®)
- Edoxaban (Savaysa®)
- Enoxaparin (Lovenox®)
- Fondaparinux (Arixtra®)
- Heparin (shot under your skin)
- Meloxicam (Mobic®)
- Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil®, Motrin®) and naproxen (Aleve®)
- Pentoxifylline (Trental®)
- Prasugrel (Effient®)
- Rivaroxaban (Xarelto®)
- Sulfasalazine (Azulfidine®, Sulfazine®)
- Ticagrelor (Brilinta®)
- Tinzaparin (Innohep®)
- Warfarin (Jantoven®, Coumadin®)

Get a Letter from Your Doctor, if Needed.

We might need a clearance letter before scheduling your procedure. A clearance letter is a letter that says you can safely have the procedure. We will obtain this letter and call you with instructions

If you currently are taking other prescription medications, you may continue to take all other medications as instructed by the prescribing physician.

If you are or may be pregnant, please discuss the risks and benefits of the procedure with your doctor.

Diabetes Medication

Ask the healthcare provider who prescribes your diabetes medications for diet and medication restrictions.

Insulin/Diabetes Medications	3 Days Prior to Procedure	2 Days Prior to Procedure	Day Prior to Procedure	Day of Procedure
<u>BIGUANIDES</u> Metformin (Glucophage®) Metformin ER (Glumetza®) Sitagliptin and Metformin HCl (Janumet®).	Continue as normal.	Continue as normal.	Stop taking once clear liquid diet starts. *	Resume once meals have resumed.
<u>GLP-1 AGONISTS</u> Dulaglutide (Trulicity®) Exenatide (Byetta®) Exenatide ER (Bydureon®) Liraglutide (Victoza® or Saxenda®) Lixisenatide (Adulexin®) Semaglutide Oral (Rybelsus®) Semaglutide Injection (Ozempic®)	Continue as normal.	Continue as normal. If taking once weekly injectables, hold two days prior to procedure. Only if dose is scheduled during the two days before procedure, if earlier in the week can take the once weekly injectable as scheduled.	Stop taking once clear liquid diet starts. *	Resume once meals have resumed. Once weekly injectables should be taken the evening of the procedure if it was held prior to procedure.
<u>DPP-4 INHIBITORS</u> Alogliptin (Nesina®) Linagliptin (Trajenta®) Sitagliptin (Januvia®) Saxagliptin (Onglyza®)	Continue as normal.	Continue as normal.	Continue as normal.	Stop morning of the procedure. Resume the evening after procedure.
<u>SGLT-2 INHIBITORS</u> Canagliflozin (Invokana®) Dapagliflozin (Forxiga®) Empagliflozin (Jardiance®)	Stop taking. Do not take any doses of AHA during the indicated number of days prior to the scheduled procedure.	Already stopped.	Already stopped.	Resume once meals and adequate hydration have resumed.
<u>SULFONYLUREAS</u> Gliclazide (Diamicon®) Gliclazide MR (Diamicon® MR) Glimepiride (Amaryl®) Glyburide (Diabeta®)	Continue as normal.	Continue as normal.	Stop taking. Do not take any doses of AHA during the indicated number of days prior to the scheduled procedure.	Resume once meals have resumed.
<u>MEGLITINIDES</u> Nateglinide (Starlix®) Repaglinide (GlucoNorm®)	Continue as normal.	Continue as normal.	Stop taking once clear liquid diet starts. *	Resume once meals have resumed



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Insulin/Diabetes Medications	3 Days Prior to Procedure	2 Days Prior to Procedure	Day Prior to Procedure	Day of Procedure
<u>INSULINS RAPID/SHORT ACTING</u> Aspart (Novorapid® or Trurapi®) Faster Insulin Aspart (Fiasp®) Glulisine (Apidra®) Lispro (Admelop® or Humalog®) Regular human insulin (Humulin R®, Novolin® ge Toronto®) Human Biosynthetic Insulin (Entuzity®)	Continue as normal.	Continue as normal.	If taking a fixed dose, take 50% of usual dose one the clear fluid diet starts* If insulin dosing is based on insulin to carbohydrate ratio, continue typical rapid acting insulin dosing.	Resume once meals have resumed.
<u>INSULIN INTERMEDIATE ACTING</u> NPH (Novolin® ge NPH)	Continue as normal.	Continue as normal.	Take 80% of the normal dose.	Take 50% of the normal dose the morning of the procedure. Once eating regular meals, resume normal dose at next scheduled dose.
<u>FIRST-GENERATION BASAL</u> Glargine (Lanus® or Basaglar ®) Detemir (Levemir®)	Continue as normal.	Continue as normal.	Take 80% of the normal dose.	Take 50% of the normal dose the morning of the procedure. Once eating regular meals, resume normal dose at next scheduled dose.
<u>SECOND-GENERATION BASAL</u> Glargine U300 (Toujeo® or Toujeo® Doublestar) Degludec U100 & U200 (Tresiba®)	Continue as normal.	Continue as normal.	T1D patients should take 50-80% of their normal dose, and T2D patients should take 50% of their normal dose.	If insulin dose is before the procedure, T1D patients should take 50-80% of their normal dose, and T2D patients should take 50% of their normal dose. Once eating regular meals, resume normal dose at next scheduled dose.

DPP-4, Dipeptidyl peptidase IV; ER, Extended release; GLP-1, Glucagon-like peptide 1; MR, Modified release; SGLT-2, Sodium-glucose Cotransporter 2; T1D, type 1 diabetes; T2D, type 2 diabetes.

*For antihyperglycemic agents that should be stopped or dose adjusted when the clear fluid diet begins, if a patient eats a normal breakfast the day before procedure(i.e., before clear fluids) and is taking a medication that is dosed more than once per day, the morning dose should be taken before holding the rest of the doses, and if a patient is allowed a low residue diet the day before procedure, medications should be continued as normal until the day of procedure when the clear fluid diet begins.



Arrange for Someone to Take You Home

Because you will be sedated, you cannot drive after the procedure is over. If you fail to arrange transportation with a responsible adult, your procedure will need to be cancelled or rescheduled. Your driver must check in with you and stay the entire time of your procedure. We cannot start your procedure if you do not have a driver present. In addition to this, you may not take a taxi or ride the bus by yourself. This is for your safety.

Contraindications with Procedure

If you have any special needs, such as a pacemaker, internal defibrillator, latex allergy, or if you are allergic to eggs, nuts, or soy, please contact our office immediately.

Talk With Endoscopy Nurse

A few days before your procedure, you will get a call from an endoscopy nurse. They will go over the instructions and ask you questions about your medical history. This nurse will also review your medications and tell you which to take the morning of your procedure.

Note the Time of Your Procedure

A staff member will call the day before your procedure. The staff member will tell you what time you should arrive for your procedure. If you do not receive a call, call your doctors office.

If you must cancel or reschedule your appointment, please call **762-356-4790** or **762-356-4785** at least five days prior to your procedure.

Buy Supplies

You will need to buy the following supplies for your bowel preparation:

- Bowel Prep Kit (The instructions will be in the folder with the bowel prep your physician would like you to take)
- Sport Drinks Like Gatorade® or Powerade® is a good choice. Sport drinks will help replace electrolytes that you will lose during the bowel preparation.
- If you have diabetes, be sure to get sugar-free clear liquids.
- Get the items on the approved clear liquids diet page.

CLEAR LIQUID DIET

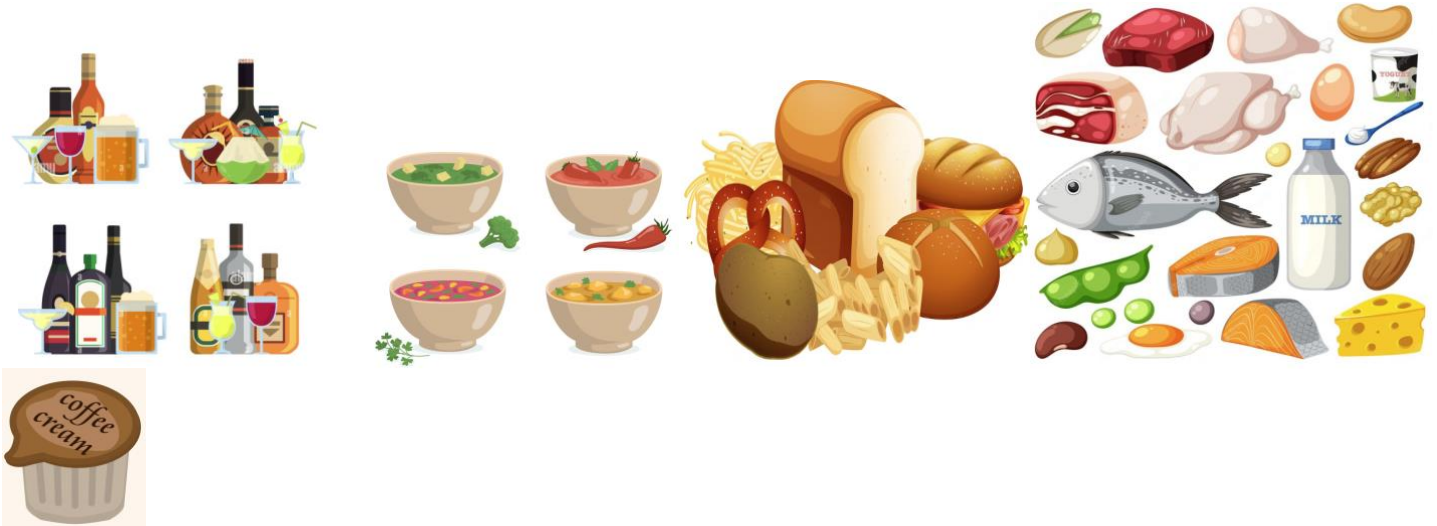
This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. **No red, orange or purple liquids should be consumed!**

Food Group	Foods Allowed	Foods to Avoid
Milk & Beverages No Red, Orange, or Purple Liquids	Tea (Decaffeinated or Regular) Black Coffee (Decaffeinated or Regular) Carbonated Beverages Sport Drinks with Electrolyte Water	Milk or Dairy Products, Coffee Creamer, Alcoholic Drinks
Meats & Meat Substitutes	None	All Meats or Poultry Products
Vegetables	None	All Vegetables
Fruit & Fruit Juices	Fruit Juices without Pulp: Apple, White Grape & Lemonade	Fruit Juice with Pulp, Fruits
Grains & Starches	None	All Grains & Starches Bread, Pasta, Rice, Grains, Cereals, Seeds & Nuts
Soups	Clear Broth	All Other Soups
Desserts	Clear Flavored Gelatin Popsicles Fruit Ices (No Red, Orange, or Purple Flavors)	All Other Desserts
Fats	None	All Fats
Miscellaneous	Sugar For Tea/Coffee Lemon Juice or Honey for Tea Clear Hard Candy Salt	All Others

Clear Liquid Sample Menu

Morning	Noon	Evening
White Grape Juice Clear Broth Lime Gelatin Coffee	Apple Juice Clear Broth Lemon Fruit Ices Iced Tea with Lemon	Sports Drink with Electrolyte Clear Broth Lemon Gelatin Sprite
Mid-Morning Snack	Mid- Afternoon Snack	Evening Snack
Sport Drink with Electrolyte Lemon Gelatin	Sprite Popsicle	Lemonade Popsicle

Drinks and Foods NOT ALLOWED:



Drinks and Foods ALLOWED:



How to Know Your Prep Is Working

Your stool should look like this:





The Day of Your Procedure

Things to Remember

- Take only the medications you were instructed to take the morning of your procedure. Take them with a few sips of water.
- Do not wear any lotions, creams, or powder.
- Remove ALL jewelry, including earrings, rings, bracelets, anklets, watches, and body piercings. Be sure to leave all valuables at home.
- If you wear contacts, wear your glasses instead.
- Please wear comfortable clothes and shoes to your procedure.

What to Bring

- Your picture ID, Insurance Card and if you have a Medical Device Card.
- Your rescue inhaler (such as albuterol for asthma) if you have one.
- A case for your glasses or dentures if you wear them.
- Your driver must check in and wait for you at the Endoscopy Center waiting room.

Where to Go

Your procedure will take place at one of these locations:

Piedmont Athens- Endo Suite
1199 Prince Ave
Talmadge Tower 1
Athens, GA 30606
Phone: 706-475-5292

Surgery Center of Athens
2142 W. Broad Street
Bldg. 100, Suite 100
Athens, GA 30606
Phone: 706-583-5080

Your Physician Information

UHA Gastroenterology- Dr. Minesh Mehta, M.D.
Phone: 762-356-4760 or 762-356-4785

You may receive several statements from this procedure; your physician's fee, a facility fee for the Endoscopy Center (supplies and nursing care), a statement for anesthesia, and for pathology if tissue is removed during the procedure.

Frequently Asked Questions

Question (Q): Is there any way I can make this taste better?

Answer (A): You can try drinking the prep mixture through a straw. Between glasses, try chewing gum, sucking on hard candy, or rinsing your mouth with water, mouthwash, or any other beverage listed on Clear Liquid Diet.

Q: Why should I avoid red, orange, and purple liquids?

A: These colors can stay in the colon and might look like blood.

Q: Is the prep mixture the only liquid I need to drink prior to the procedure?

A: No, please drink an additional approved liquids so you do not become dehydrated. The colon prep mixture is to clean out the colon; no to replace fluid loss.

Q: Is it OK to drink alcoholic beverages?

A: No, we strongly suggest you do not drink any alcoholic beverages before your procedure since they can cause dehydration, and some wines may thin your blood.

Q: I already have diarrhea before drinking the prep mixture, do I still have to drink all the prep mixture?

A: Yes, you must drink the prep as directed by your doctor. While you may be going to the bathroom a lot, it is important that what you see in the toilet is clear. If the colon is not completely cleaned, the procedure may be cancelled and rescheduled, so it is important to drink the entire prep.

Q: Can I have the procedure if I am on my period?

A: Yes, the procedure can still be done.

Q: I am drinking the prep mixture and now have loose, watery stools. Do I really have to drink all the prep mixture?

A: Yes, you want your colon to be as clean as possible so that your doctor may fully see your colon. This makes a big difference in the quality of the procedure.

Q: I feel like vomiting and don't think I can drink any more. What should I do?

A: People may have nausea and even vomit while prepping for the procedure. The volume of the preparation cannot be reduced. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the procedure. Walking and other activities usually decrease nausea. If you do vomit or feel nauseated, do not drink any of the prep mixture for approximately 30 minutes, then continue drinking at the usual rate. Keep at it. It might be hard, but you can do it.

Q: I drank most of the prep mixture and have not gone to the bathroom yet. What should I do?

A: Some people have a bowel movement after 30 minutes while others may take longer. If you feel bloated or nauseated, do not drink any of the prep mixture for 30-45 minutes, then continue drinking at the usual rate. If you still have not had a bowel movement after 4 hours of drinking the mixture, please call the office for further instructions.

Q: I see yellow color in the toilet bowl and a few flecks. What do I do?

A: If you drank the entire prep mixture, you should be fine. It is OK if you have some flecks of material. The yellow color is the result of bile that normally colors the stool. This shouldn't affect the procedure.