## (EGD) Esophagogastroduodenoscopy Prep

<table>
<thead>
<tr>
<th>Date:</th>
<th>Time:</th>
<th>Physician:</th>
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| Location: Southwest Endoscopy  
7788 Jefferson St NE, Albuquerque, NM 87109 |
| Please call to confirm appointment 505-999-1600 |

The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach your physician’s office at: 505-999-1600

**NO SHOW:** Any patient who fails to keep an appointment will be charged a $100.00 fee for scheduled procedure appointments. The fee must be paid prior to rescheduling any appointments.

**Cancellations** must be made 72 hours prior to your scheduled appointment. Any cancellation made less than 72 hours will be charged $100.00. For Monday appointments, cancellations must be made by noon on the preceding Friday. This fee will have to be paid prior to rescheduling the appointment.
### 7 days prior to procedure

Special Notes: Let us know if you are on any of the following blood thinners: Plavix, Coumadin, Effient, Pradaxa, Eliquis, Xarelto or other blood thinning medications.

**Stop** taking iron supplements or vitamins containing iron.

**Stop** taking fish oil, krill oil or shark oil supplements.

### Day of procedure

**MORNING PROCEDURE:**

Do not have anything solid to eat or drink (no liquids) after midnight the night before your procedure. Take your usual medications at least 2 hours prior with a small sip of water only. Do not skip heart, blood pressure or seizure medications.

**AFTERNOON PROCEDURE:**

You may have a clear liquid breakfast. No solid foods, milk or milk products. Alcohol is not permitted. Do not have anything solid to eat or drink (no liquids) for 8 hours prior to your procedure. No gum, mints, candy or tobacco products.

Take your usual medications with a small sip of water at least 2 hours prior to your procedure.

Do not skip any heart, blood pressure or seizure medications.

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### *Clear Liquid Diet Details: NO RED OR PURPLE. NO DAIRY*

<table>
<thead>
<tr>
<th>Approved</th>
<th>Avoid</th>
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<tbody>
<tr>
<td>✓ Sodas, coffee and tea</td>
<td>× No milk/dairy</td>
</tr>
<tr>
<td>✓ Clear juices, fitness water</td>
<td>× No juices with pulp</td>
</tr>
<tr>
<td>✓ Popsicles without pulp</td>
<td>✓ NO RED or PURPLE</td>
</tr>
<tr>
<td>✓ Chicken, vegetable and beef broth</td>
<td></td>
</tr>
<tr>
<td>✓ Gelatin</td>
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THE DAY OF THE PROCEDURE

If your procedure is before 7 AM, please check in at 6:30 AM. Our office opens at 6:30 AM.

- TAKE YOUR BLOOD PRESSURE MEDICATIONS, HEART MEDICATIONS, OR SEIZURE MEDICATIONS AS PRESCRIBED WITH A SMALL SIP OF WATER AT LEAST 2 HOURS PRIOR TO YOUR PROCEDURE.
- You must arrange to have a responsible adult (18 or older) come with you to your procedure until you are discharged and will drive you home. You are not allowed to drive, take a bus, or leave the facility alone.
- You will need your current insurance card, picture ID, and copayment.
- If you are female, under age 50, and haven’t had a hysterectomy, oophorectomy or menopause longer than 2 years, you will need to submit a urine specimen for a urine pregnancy test.

If you have any questions or concerns about the preparation, please contact our office at 505-999-1600.
Bowel Prep Frequently Asked Questions

What is a clear stool?
A clear stool can have a slight tint of yellow or brown. It will be completely transparent and will not contain any solid matter.

I am not having bowel movements, what should I do?
Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on-call physician for further instructions.

The prep is making me nauseous, what should I do?
If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician’s office for further instructions.

What are some high fiber foods I should avoid?
Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

What are some good options for low fiber foods?
Choose white bread and white rice for lower fiber options, as well as pastas made with white flour.

Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

If I eat popcorn or seeds 3 days before my procedure do I need to reschedule?
You will not need to reschedule your procedure; however, the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

Can I drink ALCOHOL on the liquid diet?
Alcohol is not allowed as part of the liquid diet.

Can I continue to be on the liquid diet after I begin consuming the laxatives?
Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 6 hours prior to the procedure.
Why do I have to wake up so early for the 2nd dose, can’t I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

If I weigh under 100 pounds do I need to take all the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

If you have any questions or concerns about the preparation, please contact our office at 505-999-1600.