

EGD

1. **YOU MUST HAVE A DRIVER**—you can not drive the day of the procedure.
2. You are to have nothing to eat or drink after midnight! *not even water!*
3. Please **DISCONTINUE ALL BLOOD THINNERS 5-7 DAYS BEFORE** your procedure. This includes Aspirin, Aleve, Ibuprofen, Motrin, Excedrin, Coumadin, Plavix, Vitamin E, Ginko and most arthritic medications. (Unless otherwise instructed by your doctor.) **Blood Pressure medication is NOT A BLOOD THINNER.** You may continue to take **TYLENOL** and your other medications, including **Vioxx & Celebrex**. The morning of your procedure do not take any medication, unless absolutely necessary.

Register at Outpatient registration

FL. Hospital So.(Orlando)Medical Plaza, 3rd Floor Suite 370N
Florida Hospital North (Altamonte) First Floor
WPASC 1000 South Orlando Ave.

If you are diabetic and are taking insulin or any other diabetic medication please do not take the morning of your procedure. Take the medication/insulin with you to the hospital.

GASTROENTEROLOGY GROUP

(407) 628-4949

*****Please Read Instructions in Advance*****

COLONOSCOPY PREPARATION SHEET (to be done the day before your procedure)

Please **DISCONTINUE ALL BLOOD THINNERS 5-7 DAYS BEFORE** your procedure. This includes Aspirin, Aleve, Ibuprofen, Motrin, Excedrin, Coumadin, Plavix, Vitamin E, Ginko and most arthritic medications. (Unless otherwise instructed by your doctor.) Blood Pressure medication is NOT A BLOOD THINNER. You may continue to take **TYLENOL** and your other medications. The morning of your procedure do not take any medication, unless absolutely necessary.

*****PURCHASE FLEETS PHOSPHOSODA**, ONE 3 FLUID OZ. BOTTLE or TWO 1.5 OZ. BOTTLES AT ANY PHARMACY. (No prescription is needed).

1. **THE DAY BEFORE THE COLONOSCOPY**, you will be on a **CLEAR LIQUID DIET** from the time you get up in the morning. You are to have **NO SOLID FOODS, MILK, MILK PRODUCTS OR ANYTHING THAT IS RED OR BLUE IN COLOR.**
2. At **8:00a.m** you will drink 1.5 oz of the **FLEETS PHOSPHOSODA**. The laxative can be mixed with 4-8 oz of juice or water. You must have a minimum of 64 oz of fluid throughout the day, but the more you drink the better it is for you.
3. At **4:00p.m.** you will drink the remaining 1.5 oz bottle of **FLEETS PHOSPHOSODA**. This can be mixed with juice or water.
4. You may continue to have clear liquids until midnight. You should not have anything to eat or drink after midnight. **NOT EVEN WATER!!**
5. **YOU MUST HAVE A DRIVER!** You can not Work or Drive the day of your procedure.
6. Please arrive 1 ½ hours prior to your scheduled appointment time for your procedure.

CLEAR LIQUID DIET

Popsicle	Juice	Broth
Hard Candy	Soda	Coffee
Tea	Jell-O	Gatorade

(avoid any clear liquids that are RED or BLUE) OR purple

7. Register at **OUTPATIENT REGISTRATION:**

Florida Hospital South (Orlando)	Medical Plaza, 3 rd Floor Suite 370N
Florida Hospital North (Altamonte)	First Floor
WPASC	1000 South Orlando Ave.

If you are diabetic:

The day before your COLONOSCOPY cut your insulin/medication dosage in half. Please contact the doctor who monitors your diabetes, as he/she may want to alter your dosage.

The morning of your procedure **DO NOT TAKE YOUR DIABETES MEDICATION or INSULIN INJECTION**. Carry your medication/insulin with you to the hospital and let the nurses know you are diabetic. Check your blood sugar levels as you normally would.

Please limit rescheduling to one time as this creates a lot of extra work!



FLEXIBLE SIGMOIDOSCOPY PREPARATION SHEET

- 1.** Purchase **three** Fleets enemas or the equivalent pharmacy name brand enemas.
- 2.** Use one enema 1 ½ hours prior to bedtime on the night before your exam. Lie on your left side, introduce the enema tip and squeeze all the contents into the rectum. Try to hold this inside for 5-10 minutes. If you cannot get into this position for any reason, you may sit on the commode to insert and squeeze the enema. Then get up and either sit or lie down for at least 5 minutes and expel the enema in the toilet.
- 3.** Starting 1-1 ½ hours before your procedure, use the other two enemas. After you have expelled the first enema, put the second enema into the rectum and expel it after 5-10 minutes. If you have never used an enema before and need instructions, please read the label on the enemas you bought or contact the nurse.
- 4.** There are no dietary restrictions for this procedure UNLESS anesthesia will be used. In that case, you can have nothing to eat or drink after midnight the night before your exam. NOT EVEN WATER.
- 5.** If you have been told that anesthesia will be used during your exam, you will need to have someone to drive you home and you will not be able to work that day. You will also need to discontinue using aspirin products and Vitamin E 5 days prior to your exam.

PLEASE LET US KNOW IF YOU ARE A DIABETIC