

Procedure Cover Page

Most Important Points

1. You cannot undergo sedation without your responsible driver physically in the building. Your driver cannot leave during your procedure. Once you arrive, your driver must stay with you. The procedure will be canceled if your driver leaves the building.
2. You cannot be transported by a cab, or commercial transportation (example: Uber or Lyft) by yourself. You can use commercial transport if you bring a responsible adult to accompany you. If you come alone, you must have *certified* medical transportation.
3. Your diet the entire day prior to your procedure is *Clear Liquids only* (no solid food). Jello is considered a clear liquid!
4. You can have clear liquids up until 4 hours prior to your arrival time. (but no solid foods)
5. You must drink the WHOLE prep. A partial prep is not adequate to clean you out properly. Just because you are not eating solids, *you are not prepped!* You must drink the WHOLE prep!
6. If you struggle with constipation, you need additional prep (more than just the usual prep). Please call and speak to the nurse to inquire about additional preparation.
7. It is easier to prep if you start at 8 am the day prior (can take it slower) but try to start no later than 4 pm (will have to drink it quicker)
8. If you do not drink the whole prep and are not fully clean, you will be rescheduled for a second colonoscopy. Why is this important? A bad prep can hide cancer or polyps. You want the best result possible!
9. If you are on a GLP-1 medicine, you must hold it for 1 week prior to the procedure or it will be cancelled. **A GLP-1 medicine is in general an injection you take for weight loss or diabetes.** If you do not know if your medicine is a GLP-1 medicine, you can call your doctor or our office and we can tell you.

EGD with HALO Preparation

Please read all instructions thoroughly. After reading if any questions call our office.

IF YOU ARE TO BE SEDATED, A RESPONSIBLE DRIVER MUST REMAIN IN THE FACILITY THROUGHOUT YOUR APPOINTMENT. NO EXCEPTIONS.

IF YOU ARE TAKING GLP MEDICATION FOR DIABETES OR WEIGHT LOSS PLEASE READ:

- **IF INJECTABLE GLP MEDICATION YOU MUST NOT TAKE THE MEDICATION SEVEN (7) DAYS PRIOR TO YOUR PROCEDURE.**
- **IF ORAL GLP MEDICATION YOU MUST NOT TAKE THE MEDICATION ONE (1) DAY PRIOR TO YOUR PROCEDURE.**

Starting SEVEN (7) Days BEFORE Your Procedure

IMPORTANT Medication Requirements:

- Take your proton pump inhibitor (PPI) **TWICE DAILY** as instructed for **seven (7) days PRIOR** to your procedure and continue taking as directed by your physician.
- **PPIs include but are not limited to** pantoprazole (Protonix®), omeprazole (Prilosec®), Zegrid®), rabeprazole (AcipHex®), lansoprazole (Prevacid®) or dexlansoprazole (Dexilant®).
- You **MUST STOP** taking your blood thinner at least seven (7) days prior to your procedure and remain off them for at least seven (7) days **AFTER** your procedure. You **MUST** obtain approval to stop your blood thinner from the physician who prescribed it.
- **STOP injectable GLP medication** for diabetes or weight loss.
- If you have a pacemaker or defibrillator, you will need to **obtain clearance from your cardiologist BEFORE** having this procedure. Please ensure you have provided a copy of your device implantation card to our office.

The Day BEFORE Your Procedure:

- Twenty-four (24) hours prior to your procedure **STOP** taking any oral GLP medication for diabetes or weight loss.
- After **12AM** (midnight), you may have no solid food. This includes gum and mints. Otherwise, the procedure may be cancelled due to safety precautions.
- You can drink **clear liquids** up until **4 HOURS BEFORE** your appointment time. **Clear liquids include** water, sports drinks, black coffee, tea, soda (light or dark), broth, Jell-O, popsicles, and juice without pulp. **NOTHING RED, ORANGE OR PURPLE. No dairy products.** Drink plenty of **CLEAR LIQUIDS** to stay hydrated.

The Day of Your Procedure:

- Two (2) hours before you arrive for your procedure, if you are prescribed any blood pressure, heart, or seizure medicine, please take with a sip of water.
- If you smoke, please **do not smoke** the day your procedure is scheduled.
- **NOTHING BY MOUTH FOR 4 HOURS BEFORE YOU ARRIVE!** This includes clear liquids, gum, and mints. Otherwise, the procedure may be cancelled due to safety precautions.
- **IMMEDIATELY following your procedure** there will be a prescription to pick up at
Boudreaux's Compounding Pharmacy
2551 Greenwood Road
(318) 631-2005

Medications:

- If you have an inhaler, please bring it with you.

Diabetics:

- Test your blood sugar before coming in for your procedure and bring the reading with you.
- If you take oral medication or insulin, **DO NOT** take it the morning of your procedure.
- Bring your insulin with you.
- Please contact the physician that manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.

Blood Thinners:

- If you are taking blood thinners, such as Coumadin, Warfarin or Plavix, call your prescribing physician and ask if you may stop taking the medication 7 days prior to your procedure if you have not received instructions.
- If a biopsy needs to be taken during your procedure and you **HAVE NOT** discontinued for 7 days, the procedure may have to be repeated.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.

Bring with you:

- Photo ID, insurance card(s) & completed paperwork forms that were sent to you.
- List of all medications, vitamins, and supplements you are taking (include dosage and last date and time each medication was taken before your arrival).

Financial:

- Be prepared to pay any out of pocket at check-in. Call your insurance company to verify your benefits and estimated responsibility.
- **Wear a loose fitting, short sleeve shirt.**
- **Leave all valuables at home.**

You will receive appointment reminders with the date, time, and location of your procedure. Please make sure your cell phone and email address are on file with our office.

GastroIntestinal Specialists A.M.C
3217 Mabel Street, Shreveport, LA 71103
(318) 631-9121 | www.gis.md

EGD with HALO Preparation (Continued)

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After Your Procedure:

- First twenty-four (24) hours after your procedure you will be on a **clear liquid diet**. **Clear liquids include** water, sports drinks, black coffee, tea, soda (light or dark), broth, Jell-O, popsicles, and juice without pulp. **NOTHING RED, ORANGE OR PURPLE. No dairy products. No solid food.** Avoid extremely hot or cold liquids as these may cause you discomfort.
- After twenty-four (24) hours you may advance your diet to a **soft diet** (detailed on following page) for the next six (6) days. On the seventh (7th) day after your procedure, you may resume your normal diet.

Important:

- For the seven (7) days after your procedure, you must NOT take any NSAIDS such as Advil, ibuprofen, aspirin, and some arthritis medications. You may take Tylenol as needed.
- While some pain and discomfort are normal after the procedure, it should subside 3-5 days after your procedure. However, if you experience severe chest pain, fever over 101.0, nausea, vomiting or chills contact our office immediately at (318) 631-9121.

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- Bring your insulin with you.
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Guidelines for a Soft Diet

NOTE: Avoid any beverage or food that you are allergic to or have intolerances with regardless of what is outlined below.



All beverages are allowed



Soups

✓ Allowed: mildly seasoned broth, bouillon, or cream soup; strained vegetable soup

✗ Avoid: bean, gumbo, split pea, or onion soup; chunky soups or chowder



Meats

✓ Allowed: any moist, tender meat, fish or poultry; eggs (see exceptions below)

✗ Avoid: fried meats or meats with bones; shellfish; salted or smoked meats; sausage; cold cuts; raw or fried eggs; dried beans; nuts or seeds



Dairy

✓ Allowed: all low-fat milk products, smooth yogurt, mild flavored cheese, cottage cheese

✗ Avoid: yogurt with nuts or seeds, sharp/strong cheese, cheese with whole seeds or spices



Fruits

✓ Allowed: cooked or canned fruits, fresh banana or avocado, fruit juice

✗ Avoid: all raw fruit (except banana or avocado), dried fruits (dates, raisins) coconut



Vegetables

✓ Allowed: soft cooked or canned (see exceptions below), fresh lettuce or tomato, potatoes (mashed, baked, boiled or creamed)

✗ Avoid: raw (except lettuce & tomato), gas forming (broccoli, brussels sprouts, cabbage, cauliflower, cucumber, green pepper, onion, turnip), whole kernel corn, fried (French fries, hashbrowns)



Grain

✓ Allowed: refined, cooked or ready-to-eat cereal; refined white, wheat or rye bread, rolls or crackers; plain white rice; pasta

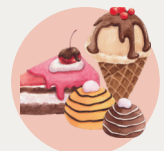
✗ Avoid: whole-grain breads & cereals (bran, rye with seeds, or whole wheat); bread or rolls with coconut, raisins, nuts or seeds



Fats

✓ Allowed: butter, margarine, mild salsa & salad dressing, mayonnaise, gravy, cream, cream substitute, sour cream, vegetable oil

✗ Avoid: spicy salsa & salad dressing, fried foods



Desserts

✓ Allowed: smooth ice cream, ice milk, frozen yogurt, sherbet, fruit ices, custards, puddings, cake, cookies (no nuts or cococunt)

✗ Avoid: any made with dried fruit, nuts or coconut; candied fruit, peanut brittle



Seasonings

✓ Allowed: ketchup, cheese, cream, tomato/white sauces, soy sauce; chopped or ground leaf herbs

✗ Avoid: garlic, horseradish, chili powder, whole or seed herbs and spices, barbeque or Cajun seasonings, worchestershire sauce