

Please review this entire document! These instructions are your physician's specific instructions. Follow all steps carefully to ensure a successful prep and procedure. *If you are or may be pregnant, please discuss the risks and benefits of this procedure with your provider.* **Questions?** Call 414-918-3556.

10 Days
before your procedure

Review and start following all MEDICATION GUIDELINES included in this document

- Consult with your prescribing provider before discontinuing any blood thinners/ anticoagulants and/or diabetic medications

5 Days
before your procedure

Stop taking all vitamins & supplements

1 Day
before your procedure

Follow your regular diet but DO NOT EAT solid foods or have dairy after midnight
CONFIRM arrangements with your friend/family member adult driver (18+)

The Day
of your procedure

Start following the CLEAR LIQUID DIET included in this document

- NO SOLID FOODS, CLEAR LIQUIDS ONLY, NO CHEWING TOBACCO upon waking until after procedure
- Drink plenty of clear liquids throughout the day to avoid dehydration

4 HOURS PRIOR TO APPOINTMENT ARRIVAL TIME:

- STOP DRINKING, NOTHING BY MOUTH
- No eating, drinking, smoking, vaping or chewing tobacco. No gum or hard candy.
- Take any approved medication with a small sip of water at least 4 hours before procedure
- You may brush your teeth, but do not swallow

CLEAR LIQUID DIET

NO SOLID FOODS. CLEAR LIQUIDS ONLY. NO CHEWING TOBACCO.

Be sure to drink plenty of clear liquids with calories on clear liquid diet days

APPROVED CLEAR LIQUIDS

- **Sports drinks/Gatorade®/VitaminWater®** No red or purple
- **Fruit juice (no pulp)** Apple, white grape, white cranberry; No red or purple
- **Soda & carbonated beverages** No red or purple
- **Clear broth/bouillon** Chicken, vegetable, beef flavors
- **Gelatin/Jell-O®** No red or purple
- **Ice pop/Popsicles®** No red or purple
- **Gummy bears** No red or purple
- **Black coffee & tea** No liquid or powdered creamer/milk (dairy/soy/nut/oat); Sugar/sweeteners OK
- **Water** Plain, flavored, carbonated; No red or purple



IF YOU ARE DIABETIC, AIM FOR 45 GRAMS OF CARBOHYDRATES PER MEAL AND 15-30 GRAMS PER SNACK

Clear liquids with about 15 grams of carbohydrates

- 4oz apple juice, 8oz sports drink, ½ cup gelatin, 2 popsicles/ice pops

Clear liquids with zero carbohydrates

- Black coffee, tea (unsweetened or diet), clear diet soda, seltzer, flavored water, fat-free broth, bouillon or consommé

WHAT TO EXPECT

BEFORE THE PROCEDURE

- If you are on blood thinners/anticoagulants or diabetic medications, please contact your prescribing provider before discontinuing your medication. Medication guidelines are included in this document.
- Prep will likely require the purchase of some items allowed on the clear liquid diet.
- Since you will be sedated, please plan to have a friend/family member adult driver (18+) for after your procedure.

THE APPOINTMENT

- Bring to your appointment:
 - List of all current medications (including allergy or over-the-counter)
 - Inhalers
 - Photo ID and up-to-date insurance information
 - Leave valuables (jewelry, smart watches, cell phones) at home or with your driver
- You **MUST** have a friend/family member adult driver (18+) present to drive you home after your procedure.
- Taxi/cab, Uber/Lyft, bus and medical transport are **NOT** acceptable rides home unless accompanied by an adult (18+) friend/family member.

AFTER THE PROCEDURE

Because of the sedation you are given during the procedure, you may experience sleepiness, dizziness, forgetfulness or light-headedness. Your judgment and reflexes may be impaired. These are normal reactions to the medication that can last for the remainder of the day.

FOR THE REMAINDER OF YOUR PROCEDURE DAY

- **DO NOT** drive a vehicle or operate complex machinery
- **DO NOT** perform any strenuous activity
- **DO NOT** drink alcohol
- **DO NOT** smoke unsupervised
- **DO NOT** make any legal decisions
- Additional information will be included on your discharge instructions

Medication Guidelines

IMPORTANT! Please carefully review this medication list and **consult with your prescribing provider** before discontinuing any blood thinners/anticoagulants or diabetic medications. **DO NOT** make up or double up on any missed medications after your procedure.

	10 DAYS BEFORE PROCEDURE	5 DAYS BEFORE PROCEDURE	4 DAYS BEFORE PROCEDURE	3 DAYS BEFORE PROCEDURE	2 DAYS BEFORE PROCEDURE	1 DAY BEFORE PROCEDURE	DAY OF PROCEDURE
Blood Thinners/Anticoagulants							
• Ticlid® (ticlopidine)	DO NOT TAKE						
• Coumadin® (warfarin) • Effient® (prasugrel) • Plavix® (clopidogrel)	DO NOT TAKE						
• Brilinta® (ticagrelor)	DO NOT TAKE						
• Aggrenox® • Arixtra® (fondaparinux) • Eliquis® (apixaban) • Persantine® (dipyridamole) • Pletal® (cilostazol) • Savaysa® (edoxaban) • Xarelto® (rivaroxaban)	DO NOT TAKE						
• Fragmin® (dalteparin) • Lovenox® (enoxaparin) • Pradaxa® (dabigatran)	DO NOT TAKE						
Vitamins & Supplements							
• Fish Oil • Iron • Multivitamins • St. John's Wort • Vitamin E • All other supplements	DO NOT TAKE						
Weight Loss (see more under Diabetic & Weight Loss Meds)							
• Phentermine/phendimetrazine (all brands)	DO NOT TAKE						
Pain Relievers							
• Aspirin (ASA) • Tylenol® (acetaminophen)	Continue taking <i>Nothing by mouth 4hrs prior to appointment arrival time</i>						
• NSAIDs (Advil, Aleve, ibuprofen, naproxen, diclofenac, meloxicam)	Continue taking in small doses <i>Nothing by mouth 4hrs prior to appointment arrival time</i>						

	DAY BEFORE PROCEDURE	DAY OF PROCEDURE
Blood Pressure - ACE Inhibitors & ARBs		
<ul style="list-style-type: none"> • Accupril® (quinapril) • Aceon® (perindopril) • Altace® (ramipril) • Atancand® (candesartan) • Avapro® (irbesartan) • Benicar® (olmesartan) • Captopril • Cozaar® (losartan) • Diovan® (valsartan) • Edarbi® (azilsartan) • Eprosartan • Fosinopril • Lotensin® (benazepril) • Mavik® (trandolapril) • Micardis® (telmisartan) • Moexipril • Prinivil® (lisinopril) • Vasotec® (enalapril) • Zestril® (lisinopril) 	Take as usual	DO NOT TAKE
Blood Pressure - Diuretics		
<ul style="list-style-type: none"> • Bumex® (bumetanide) • Chlorthalidone • Demadex® (torsemide) • Diuril® (chlorothiazide) • Edecrin® (ethacrynic acid) • Indapamide • Lasix® (furosemide) • Microzide® (hydrochlorothiazide) • Metolazone 	Take as usual	DO NOT TAKE
Blood Pressure - Beta Blockers & Calcium Channel Blockers		
<ul style="list-style-type: none"> • Adalat® (nifedipine) • Bystolic® (nebivolol) • Calan® (verapamil) • Cardene® (nicardipine) • Cardizem LA® (diltiazem) • Corgard® (nadolol) • Covera-HR® (verapamil) • Dynacirc® (isradipine) • Inderal LA® (propranolol) • Innopran XL® (propranolol) • Lopressor® (metoprolol) • Nimotop® (nimodipine) • Norvasc® (amlodipine) • Plendil® (felodipine) • Procardia® (nifedipine) • Sectral® (acebutolol) • Sular® (nisoldipine) • Tenormin® (atenolol) • Tiazac® (diltiazem) • Toprol XL® (metoprolol) • Verelan PM® (verapamil) • Zebeta® (bisoprolol) 	Take as usual	Take as usual



Medication Guidelines - Diabetic

IMPORTANT: If diabetic, consult with your prescribing provider before discontinuing any diabetic medications

	7 DAYS BEFORE PROCEDURE	1 DAY BEFORE PROCEDURE	DAY OF PROCEDURE
Diabetes and/or Weight Loss Injectables & Oral Medications (GLP-1 Agonists)			
<ul style="list-style-type: none"> • Adlyxin® (lixisenatide) • Bydurean® (exenatide ER) • Byetta® (exenatide) • Mounjaro® (tirzepatide) • Ozempic® (semaglutide) • Rybelsus® (semaglutide) 	<ul style="list-style-type: none"> • Saxenda® (liraglutide) • Symlin® (pramlintide) • Tanzeum® (albiglutide) • Trulicity® (dulaglutide) • Victoza® (liraglutide) • Wegovy® (semaglutide) 	<p>If diabetic, consult with your prescribing provider before discontinuing any diabetic medications</p> <p>GLP-1 medications taken weekly should be stopped 7 days prior to procedure</p>	<p>Follow Clear Liquid Diet 24 hours prior to procedure arrival time</p> <p>NOTHING BY MOUTH 4 hours prior to procedure arrival time.</p> <p>DO NOT TAKE GLP-1 taken daily should be stopped the day of procedure</p> <p>AFTER procedure, if eating, take usual dose if due that day</p>

	96 HOURS BEFORE PROCEDURE	72 HOURS BEFORE PROCEDURE	1 DAY BEFORE PROCEDURE	DAY OF PROCEDURE
Diabetes and/or Heart Failure Oral Medications (SGLT2 Inhibitors)				
• Steglatro® (ertugliflozin)	DO NOT TAKE			DO NOT TAKE AFTER procedure, if eating, take usual dose
• Farxiga® (dapagliflozin) • Invokana® (canagliflozin) • Jardiance® (empagliflozin)	DO NOT TAKE			DO NOT TAKE AFTER procedure, if eating, take usual dose
Other Diabetic Medications				
Metformin & metformin combo meds <ul style="list-style-type: none"> • Actoplus Met® (pioglitazone/metformin) • Avandamet® (metformin) • Glucophage® (metformin) • Glucovance® (glyburide/metformin) • Invokamet® (canagliflozin/metformin) • Janumet® (sitagliptin/metformin) • Jentadueto® (linagliptin/metformin) • Kazano® (alogliptin/metformin) • Kombiglyze® (saxagliptin/metformin) • Metaglip® (glipizide/metformin) • PrandiMet® (metformin) • Repaglin® (repaglinide/metformin) • Riomet® (metformin) • Synjardy® (empagliflozin/metformin) • Xigduo XR® (dapagliflozin/metformin) 			DO NOT TAKE EVENING DOSE	DO NOT TAKE Resume usual dose day after procedure
Non-metformin meds <ul style="list-style-type: none"> • Actos® (pioglitazone) • Avandia® (rosiglitazone) • Amaryl® (glimepiride) • Avandaryl® (glimepiride/rosiglitazone) • DiaBeta® (glyburide) • Duetact® (pioglitazone/glimepiride) • Glucotrol® (glipizide) • Glyset® (miglitol) • Januvia® (sitagliptin) • Onglyza® (saxagliptin) • Prandin® (repaglinide) • Precose® (acarbose) • Starlix® (nateglinide) • Tradjenta® (linagliptin) 			Take as usual	DO NOT TAKE AFTER procedure, if eating, take usual dose

IMPORTANT: Diabetic patients should check blood sugar 4x daily if taking insulin.

	1 DAY BEFORE PROCEDURE			DAY OF PROCEDURE		
	AM dose	PM dose	Bed dose	AM dose	PM dose	Bed dose
Insulin						
<ul style="list-style-type: none"> • Lantus® (insulin glargine) • Levemir® (insulin detemir) • Novolin® (isophane) • Soliqua (lixisenatide/insulin glargine) • Tresiba® (insulin degludec) • Xultophy® (liraglutide/insulin degludec) 			Take half of usual dose if normally taken at bedtime	Take half of usual dose after procedure if normally taken in AM	Take usual dose after procedure if eating	Take usual dose
<ul style="list-style-type: none"> • Apidra® (insulin glulisine) • Humalog®, Humalog S® (insulin lispro) • Humulin® (regular insulin) • Novolin® Mix 70/30 • Novolog® (insulin aspart) • Novolog® Mix 70/30 • Pre-mixed insulin: 75/25 • Regular insulin 	Take half of usual fixed dose OR cover carbs with usual carb rotation		Take half of usual fixed dose	DO NOT TAKE	Take usual dose after procedure if eating & check blood sugars	Take usual dose at bedtime if eating & check blood sugars
• Insulin Pens	Same as above					
• Insulin Pumps	Continue insulin without change. Administer additional insulin per carbohydrate or other protocol.					