

Upper Endoscopy (EGD) and Sigmoidoscopy Prep

Date of Procedure: _____ Arrival Time: _____

If you normally take Pletal (Cilostazol), Jantoven, Plavix (Clopidogrel), Coumadin, Warfarin, Persantine (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto or Pradaxa (Dabigatran) then ***we will contact your prescribing physician to make sure that it is okay for you to stop for the recommended number of days.*** We will contact you once they have responded. Do not stop aspirin for the procedure.

FOUR DAYS BEFORE PROCEDURE: Discontinue multivitamins as well as iron, herbal and homeopathic supplements (unless advised by a physician).

ONE DAY BEFORE PROCEDURE: Normal diet until midnight. After midnight, clear liquids only such as broth or bouillon, Jell-O, popsicles and Gatorade (NO red or purple), tea, coffee, clear soft drinks and water. NO SOLID FOOD OR MILK PRODUCTS.

DAY OF PROCEDURE:



- You may have clear liquids, gum, hard candy and tobacco products up to 3 hours before your procedure.
- Use one Fleet enema (directions are on the box) two (2) hours before you plan on leaving home. Use a second Fleet enema one (1) hour before leaving home.
- If you are traveling a long distance, begin the enemas sooner than 2 hours and one hour before leaving home.

**IF YOU TAKE BLOOD PRESSURE MEDICATIONS, YOU MAY TAKE THEM 3 HOURS PRIOR TO YOUR PROCEDURE TIME.

**IF YOU ARE A DIABETIC, DO NOT TAKE YOUR MEDICATIONS BUT PLEASE BRING THEM WITH YOU.

**DO NOT TAKE HEPARIN OR LOVENOX ON THE DAY OF PROCEDURE.