

Important Pre-Procedure Information
Please Review 1 week prior to procedure

Location	<p>Capital Digestive Care has many local offices and endoscopy centers, some of which are in close proximity to one another. Use the attached pre-procedure planning and tip sheet to help you arrive at the proper place and time.</p> <ul style="list-style-type: none"> Endoscopy center patients should arrive 45 minutes early and hospital patients, 1 hour early in order to complete intake activities for your procedure.
COVID Safety	<p>Patients who develop COVID symptoms, travel internationally or are exposed to COVID between the time of scheduling their appointment and the date of the procedure, must contact our office. Please visit our website at www.capitaldigestivecare.com for additional COVID safety information.</p>
Medications	<p>Talk to your doctor about any medications or supplements that you take routinely. Do not stop any prescription medications unless instructed by your prescribing physician.</p>

General Policies:

Transportation	<p>Some activities, such as driving, are not permitted in the hours following your procedure. Arrange for a ride from someone who can take responsibility for your care (over the age of 18). They should arrive no later than 1 hour after your procedure time. If your appointment is after 3:00 pm, your ride must arrive no later than 4:30 pm. Ride services such as Uber, Lyft, taxi service, etc. are not permitted.</p>
Cancellation	<p>Our practice requires notification of cancellation within five (5) business days, otherwise, a fee of \$150 will apply.</p>

Your preparation requires the following dietary restrictions: LOW RESIDUE DIET

This preparation allows you to follow a low residue diet for **breakfast and lunch** on the day before your procedure. You should not consume low residue foods on the day of your procedure. You must drink the appropriate amount of clear liquids throughout your preparation to prevent dehydration. Follow the instructions on when to start and stop your preparation.

Failure to follow instructions may result in the cancellation of your procedure – this is for your safety.

Allowable liquids*	Allowable low-residue foods	DO NOT CONSUME
<ul style="list-style-type: none"> Water, Apple juice, white grape and white cranberry juice, sodas, Kool-Aid, Gatorade. Tea and coffee (without milk, creamer or substitutes). Broth Jell-O, Italian Ices, popsicles. <p>*none of these may be the color red, orange or purple, or contain fruit pulp.</p>	<ul style="list-style-type: none"> Ensure or Boost Eggs Smooth Peanut Butter White Bread Protein shakes; plain or flavored yogurt without seeds or nuts Skinless Chicken or Turkey Tofu <p>NO other foods are allowed on this diet</p>	<ul style="list-style-type: none"> Red, orange, or purple colored liquids or products. Milk, cream or non-dairy substitutes (such as artificial creamer, soy or nut milks). Juices containing pulp (i.e. orange, grapefruit, pineapple, tomato & V-8 juice) or frozen juice products containing pulp.

√ **5 DAYS BEFORE THE PROCEDURE:**

- This is the last day to cancel your procedure without incurring a late cancellation fee, per policy.
- If taking iron supplements, discontinue until after your procedure.
- Pick-up the following supplies:
 - Your prep solution prescription from the pharmacy.
 - If desired: over-the-counter items to relieve rectal irritation, which may develop during your prep. These may include Desitin, Anusol, Tucks pads or Vaseline.
 - If desired: you may mix your prep with clear liquids other than water, such as clear soda (ex. Sprite, Ginger Ale) or lemonade with no pulp, to ease your prep.

√ **3 DAYS BEFORE THE PROCEDURE:**

- Adjust your diet. Stop eating high fiber foods including, seeds, quinoa, nuts, beans, corn/popcorn, raw fruits, raw vegetables and bran.
- Review the Pre-Procedure Planning and Tip Sheet for what to expect and tips to make prep easier.

THE DAY <u>BEFORE</u> THE PROCEDURE		
8:00 am	Drink as many clear liquids as possible throughout the day to avoid dehydration during the evening prep. You may also consume low-residue foods for breakfast and lunch.	
Allowable liquids*: <ul style="list-style-type: none"> • Water, Apple juice, white grape and white cranberry juice, sodas, Kool-Aid, Gatorade. • Tea and coffee (without milk, creamer or substitutes). • Broth • Jell-O, Italian Ices, popsicles. *none of these may be the color red, orange or purple, or contain fruit pulp.	Allowable low-residue foods: <ul style="list-style-type: none"> • Ensure or Boost • Eggs • Smooth Peanut Butter • White Bread • Protein shakes; plain or flavored yogurt without seeds or nuts • Skinless Chicken or Turkey • Tofu • NO other foods are allowed on this diet 	DO NOT CONSUME <ul style="list-style-type: none"> • Red, orange, or purple colored liquids or products. • Milk, cream or non-dairy substitutes (such as artificial creamer, soy or nut milks). • Juices containing pulp (i.e. orange, grapefruit, pineapple, tomato & V-8 juice) or frozen juice products containing pulp.
Do not follow the instructions on the Osmo Prep bottle. Follow the below instructions.		
4:00 pm - Do not consume any food(s) after this time. Continue to consume allowable liquids*.		
6:00 pm First Dose	Take 4 pills with 8 oz. of clear liquid every 15 min for one (1) hour. Check off the boxes below to help you keep track of the doses taken. You will take 20 pills with 40 oz. of clear liquid. <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;"><input type="checkbox"/> 4 pills/8 oz.</div> <div style="text-align: center;"><input type="checkbox"/> 4 pills/8 oz.</div> <div style="text-align: center;"><input type="checkbox"/> 4 pills/8 oz.</div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 10px;"> <div style="text-align: center;"><input type="checkbox"/> 4 pills/8 oz.</div> <div style="text-align: center;"><input type="checkbox"/> 4 pills/8 oz.</div> </div>	
	Then drink at least two (2) 16 oz. glasses of water or clear liquid over the next 2 hours.	

THE DAY <u>OF</u> THE PROCEDURE	
<p>5 hours before your procedure time Second Dose</p>	<p>Take 4 pills with 8 oz. of clear liquid every 15 min for 30 minutes. Check off the boxes below to help you keep track of the doses taken. You will take the remaining 12 pills with 24 oz. of clear liquid</p> <p><input type="checkbox"/> 4 pills / 8 oz. <input type="checkbox"/> 4 pills / 8 oz. <input type="checkbox"/> 4 pills / 8 oz.</p> <p>Then drink at least two (2) 16 oz. glasses of water or clear liquid.</p> <ul style="list-style-type: none"> You must finish 3 hours before your procedure time Do not consume anything by mouth 3 hours before your procedure time. See below for medication exceptions. IF YOU EAT OR DRINK WITHIN THIS 3 HOUR TIME FRAME, THE PROCEDURE MAY BE POSTPONED OR CANCELED.
<p>Medications</p>	<ul style="list-style-type: none"> Take your blood pressure, Parkinson's, seizure or asthma medications. Please take these medications 3 or more hours prior to the procedure start time with only a small sip of water. If a physician has prescribed for you an inhaler for asthma, bring it with you to the procedure.
<p>Other Instructions</p>	<ul style="list-style-type: none"> Bring your photo ID, insurance cards and co-payment, if required. Wear comfortable clothing. Do not wear jewelry or bring valuables. Do not wear perfume or lotions.

WHAT TO EXPECT:

- Expect to have frequent bowel movements and diarrhea within 1-4 hours. Be patient and try walking around to stimulate bowel motility. Remain near a restroom. During this time, continue your prep.
- Expect to pass clear or yellow fluid at the completion of your prep.**
- You must complete all doses of your prep even if you are passing clear or yellow fluid early in the process.
- Patients should continue drinking clear liquids up to three hours before the procedure. During the 3 hours before your procedure, consume nothing by mouth, not even water, chewing gum or candy.
- Your procedure may be cancelled under the following circumstances: failure to fully complete the prep or inadequate prep (not passing clear or yellow fluid); consuming anything by mouth within 3 hours of the procedure.

√ **WHAT TO DO TO MAKE PREPPING EASIER:**

- Patients can use Desitin, Anusol, Tucks pads or Vaseline to coat the rectal area to avoid irritation during the prep.
- Patients can drink the prep solution with a straw or hold your nose when drinking.
- Patients should slow down between doses if feeling nauseous.

Procedure date	
Procedure time	
Arrival time	
Location name & address	
Name of person providing your ride home	
Relationship	
Phone number	