

**Endoscopy Center of North Mississippi, LLC****Patient Name:** test test**THE WEEK BEFORE PROCEDURE:**

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\*\*\*PLEASE READ all of the directions thoroughly to ensure you have a successful test. If you do not follow this sheet completely, we will possibly cancel your procedure and you will have to go through this process again. \*\*\*

1. Pick up prep from drug store. Follow OUR instruction sheet. Do NOT follow the box instructions.
2. You MUST have a driver for the day. You will be sedated and not be allowed to drive until the day after your test. Bring only 1 person inside with you. Arrive at your scheduled appointment time.
3. STOP weight loss meds AND iron supplements 7 days before procedure.
4. STOP blood thinners (coumadin/warfarin, plavix/clopidogrel, pletal, effient, pradaxa, brillinta) 5 days before your procedure.
5. STOP xarelto and eliquis 2 days before the test (48 hours)
6. STOP advil, aleve, naproxen or any other anti-inflammatory meds 3 days before. Tylenol (acetaminophen) is fine to take.
7. IF you are having this test at the hospital (Panola Medical Center) \*\*\* STOP Mounjaro, Ozempic, Wegovy, or Rybelsus 7 days before your procedure. If you are having test at our facility and are taking these shots for diabetes- you can continue taking these. If you are taking for just weight loss- please refrain from administering it 7 days before your test.
8. If you see a cardiologist every 3-6 months OR have any upcoming heart tests or appointments, please notify the scheduler to ensure we can get a cardiac clearance in time.
9. We ask that if you need to reschedule, please do at least 96 hours before your test or you will have to pay a \$100 no show fee. If you do not show up for your appointment, you will need to pay the \$100 fee before you will be rescheduled.

**2 DAYS BEFORE PROCEDURE:**

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Regular Breakfast and Lunch

Clear Liquids only for Supper- ABSOLUTELY no solid food after lunch.

\*\*\* see the list below for appropriate clear liquids \*\*\*

6 PM: Mix 2 capfuls of Miralax into 16 oz of water and drink.

7 PM: Take two Dulcolax tablets

The above medications are available over the counter. No prescription needed for these.

**THE DAY BEFORE PROCEDURE:**

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CLEAR LIQUIDS ALL DAY ONLY

\*\*\*\*\*NO solid food for breakfast, lunch OR dinner\*\*\*\*\*

\*\*\*See list below for appropriate clear liquids\*\*\*

Keep yourself well hydrated by drinking as much fluid as you can during the day.

2 PM: Drink one (1) bottle of Clenpiq. YOU MUST DRINK ALL OF THE PREP. After you finish the prep, drink 40oz (5 cups) of clear liquids over the next 5 hours.

7 PM: Drink the 2nd bottle of Clenpiq liquid, YOU MUST DRINK ALL OF THE PREP. After you finish the second bottle, drink at least 24oz (3 cups) of clear liquids.

You may continue drinking clear liquids until midnight.

NOTHING BY MOUTH AFTER MIDNIGHT!

TIPS: Baby wipes or flushable wipes help keep irritation down and Vaseline applied to anus may help also.

You may be nauseated or may vomit. If so, you can take a small break from drinking the solution and drink a good tasting clear liquid. When the nausea passed, you must continue drinking the prep until it is gone.

**THE DAY OF THE PROCEDURE:**

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NO SOLID FOOD - NO ALCOHOL - NO LIQUIDS

You may take your morning medication with a SIP of water by 7 am. (Blood pressure, heart, seizure, anxiety, depression medications)

\*\*\*Absolutely NOTHING in your mouth today except ONE sip of water with morning medication. NO extra water, NO gum, NO mints. You may brush your teeth, just spit out the water.

Do not take your diabetic medications by mouth. If you are insulin dependent, please follow the instructions attached.

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\* Please bring a list of your prescription medications with you. No need to bring the bottles into the building. We ask that you write the name of medication, dose and how often you take it.

\* Arrive at your scheduled time. No need to be early.

\* Please bring information cards for any implanted devices, such as pacemaker, defibrillator, or nerve stimulator (if applicable)

\* Please bring your driver's license and insurance card.

\* PLAN ON BEING HERE FOR 2 TO 4 HOURS.

\* Please leave your jewelry at home, otherwise you will be asked to remove it upon arrival. You may keep your hearing aids in.

\* DO NOT SMOKE, VAPE OR DIP the day of your procedure!! THIS IS VERY IMPORTANT!!!

**Clear Liquid Food Suggestions:**

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- \*Gatorade or any sports drinks
- \*Clear fruit juices (white grape juice, white cranberry juice, apple juice)
- \*Water
- \*Kool-Aid
- \*Tea
- \*Black Coffee (no cream, no milk, you can have sugar)
- \*Any kind of soda (Coke, Dr. Pepper, Sprite, Mountain Dew, Ginger Ale, Diet coke)
- \*Broth or Boullion (chicken broth, beef broth, vegetable) No noodles or meat
- \*Jiggly jello (not pudding)
- \*Popsicles or Italian Ice

\*\*\*Make sure all clear liquids are any color OTHER than red or purple\*\*\*

Absolutely NO dairy, NO milk products, NO solid food, NO alcohol

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If you develop any covid symptoms such as fever, cough, sore throat, loss of smell / taste or if you have been exposed to someone who has tested positive in the last 14 days, please call to reschedule.

\*\*\*Please call us if you have any questions about the test or the instruction sheet. (662) 234-9888 and press 5

\*\*\*Our address is 1206 Office Park Drive, Oxford, MS\*\*\*

**Please bring your insurance cards and your driver's license to your appointment! Thank you!**