



* Peter Kvapil, MD * Shail Maheshwari, MD * Apurv Varia, MD * Matthew Clark, MD * Rambabu Chalasani MD * Avais Chatha, MD

FLEX SIG/LOWER EUS INSTRUCTIONS

Facility:

Date: Arrival Time:

(Please note the facility will confirm your appointment, the arrival time may be adjusted)

FIVE DAYS PRIOR TO YOUR SCHEDULED PROCEDURE:

- Stop taking ADVIL, MOTRIN, CELEBREX, VITAMINS, MULTIVITAMINS, IRON, FISH OIL, OTHER OIL BASED SUPPLEMENTS AND BLOOD THINNERS (unless instructed otherwise by your doctor).
- FOLLOW CARDIOLOGIST INSTRUCTIONS:

SEVEN DAYS PRIOR TO YOUR SCHEDULED PROCEDURE STOP TAKING ALL PRESCRIBED WEIGHT LOSS SUPPLEMENTS (DOES NOT INCLUDE ENSURE, BOOST, ETC) OR YOUR PROCEDURE WILL BE CANCELLED.

- THE NIGHT BEFORE YOUR PROCEDURE DO ONE ENEMA BEFORE BED.
- THE MORNING OF THE PROCEDURE DO ONE ENEMA AN HOUR BEFORE LEAVING THE HOUSE.

THE DAY BEFORE YOUR PROCEDURE:

- Wake up to a CLEAR LIQUID diet as instructed by your doctor. A list is provided on the back of this sheet.
- Do not drink anything colored RED, PURPLE, ALCOHOLIC or DAIRY PRODUCTS the day before your procedure.

CLEAR LIQUIDS:

- Water (*plain or flavored*), tea and coffee (*no milk, no creamer or other dairy*)
- Pedialyte (*no red or purple coloring*)
- Ensure Clear (*no red or purple coloring*)
- Boost Breeze (*no red or purple coloring*)
- Clear chicken broth and consommé
- Apple juice and white grape juice
- Lemonade and limeade (*no pulp*)
- Sprite, 7-up and Ginger Ale
- Gatorade, Powerade and Kool-Aid (*no red or purple coloring*)
- Jell-O and ice popsicles (*no red or purple coloring, no fruit or pulp, no dairy*)
- Coconut water (*no coconut milk*)

NO SOLID FOODS: NO meats, NO vegetables, NO dairy, NO grains, and NO starches.
NO JUICES WITH PULP: NO orange juice, NO vegetable juice, NO nectars, NO smoothies.