



Procedure Information

You are scheduled for an ERUS. Please read all of the attached information as soon as possible so you are prepared for your upcoming procedure.

PHYSICIAN PERFORMING PROCEDURE: _____

DATE: _____

LOCATION: _____

PROCEDURE TIME: _____

CHECK-IN TIME: _____

Please closely follow the instructions below in prepping for your procedure. It is very important that you follow them carefully, or we will be unable to perform the procedure and it will be cancelled.

This packet includes:

1. Instructions for 14 days, 5 days, 3 days, 2 days prior to your procedure
2. Instructions for diabetic patients
3. Instructions for the day prior to your procedure
4. Instructions for the day of your procedure

This information should answer most of the questions you may have about your procedure. If you still need additional assistance, please contact our office nearest you.

As a reminder, if you cancel your procedure less than 3 business days before your scheduled appointment, you may be charged a \$100 no show fee.

You must have an adult driver with you at all times when you are at the endoscopy center/hospital. You should expect to be at the endoscopy center/hospital between 2 ½ and 3 hours. Your driver must stay at the endoscopy center/hospital during your procedure.

Carolina Digestive Health Associates

Phone Numbers

Billingsley: 704-372-7974

Belmont: 704-820-9430

Concord: 704-455-9700

Davidson: 704-799-2750

Matthews: 704-814-0779

Monroe: 704-291-2488

Pineville: 704-543-7305

University: 704-547-8818

Medication Instructions

14 DAYS BEFORE PROCEDURE:

- Discontinue taking Phentermine and Hydroxycut.

7 DAYS BEFORE PROCEDURE:

- Stop taking (Trulicity) Exenatide (Byetta) Exenatide Extended Release (Bydureon BCise) Liraglutide (Victoza) Lixisenatide (Adlyxin) Semaglutide subcutaneous, tablet (Ozempic, Rybelsus) Tirzepatide (Mounjaro).

5 DAYS BEFORE PROCEDURE:

- Discontinue taking medicines that may thin your blood, such as: COUMADIN, Jantoven, PLAVIX, TICLID, Heparin, Aspirin, Excedrin, Effient, Alka Seltzer, Empirin, Ecotrin, Bufferin, Ascriptin, Ibuprofen, Motrin, Advil, Medipren, Nuprin, Naproxen (Naprosyn), Aleve, Sulindac, Clinoril, Piroxicam, Feldene, Indomethacin, Indocin, Diclofenac, Voltaren, and BRILINTA (Ticagrelor) unless otherwise directed by your physician. If any of these are a medical necessity for you, please inform us as soon as possible by calling our office.
 - Please stop all iron products, multi-vitamins, and fish oil.
 - After your procedure, you will be informed when you may resume taking your regular medications.
 - **Tylenol is safe to use prior to this procedure.**
 - ***** If you do not see your medication or supplement listed here, verify with your local pharmacy your medication doesn't include Aspirin. *****
 - ***** Contact us if any major health problems occur between now and your procedure.**
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2 DAYS BEFORE THE PROCEDURE:

- Discontinue taking Xarelto, Eliquis, and Pradaxa. If either of these are a medical necessity for you, please inform us NOW.

*******DAY OF THE PROCEDURE*******

- If you take Blood Pressure Medications, Heart Medications, or Seizure Medications take your medicines, at the times you normally would, with a sip of water.

GENERAL INSTRUCTIONS FOR DIABETIC PATIENTS

- Check your blood glucose during the preparation period, especially if you suspect it is too low.
- Your blood glucose levels may run higher than usual during this period due to adjustments in your diabetes medication. If blood glucose becomes extremely high (greater than 350), call our office, your PCP or your diabetes doctor.
- For low blood glucose levels, you may drink sweetened clear liquids (such as apple juice). Inform the endoscopy nurse upon arrival if this was necessary.
- Resume your usual diabetic diet and medications immediately after your procedure(s) unless you are instructed to do otherwise. If your diet remains restricted following the procedure, ask for instructions regarding diabetic medication adjustment.

Diabetic Instructions

If you are diabetic and having a ERUS follow these instructions:

ORAL DIABETES MEDICATIONS - If you take oral diabetic medications, stop these medications the day before your ERUS. Restart these medications after the procedure when you resume eating.

INSULIN – If you take insulin of any type, follow these guidelines:

- **Lantus or Levmir** - Take your usual dose unless your blood glucose is tightly controlled (glucose levels are usually in the normal range or are occasionally low). In that case, reduce the dosage by one forth on the day before you begin your prep (two days before your ERUS) and on the day of the prep (the day before your ERUS). Resume your usual dose after the procedure. (Example: If you take 40 units, adjust to 30 units)
- **70/30 or 75/25 insulin** - Take half of your usual dose the day of the prep (the day before your ERUS). On the morning of the procedure, take half of your usual dose or, if you have a procedure before 11:00am, bring your insulin with you to take before your next meal. Resume your usual dose after the procedure.
- **Meal-related insulin** – If you take a set dose of insulin before each meal, stop this the day of the prep (the day before your ERUS). Continue to take Sliding Scale Insulin as usual. Resume your usual dose after the procedure.
- **Sliding Scale Insulin** – Continue this as usual.
- **Insulin pump** – Reduce the dose of your insulin by one forth or consult your endocrinologist for recommendations. Resume your usual dose after the procedure. (Example: If you take 4 units/hour, adjust to 3 units/hour)

ERUS PM

3 DAYS BEFORE THE PROCEDURE

- Stop eating CORN, BEANS, CELERY, LETTUCE, TOMATOES, RAW FRUITS, SEEDS, and NUTS until after your ERUS.
- Pick up supplies from your pharmacy (see shopping list)

DAY BEFORE YOURPROCEDURE

- You may have breakfast and a **light** lunch.
- You should place your magnesium citrate in the refrigerator to get cold.
- After your **light** lunch you should only have clear liquids.

NO SOLID FOODS UNTIL AFTER THE PROCEDURE IF YOU EAT, YOUR PROCEDURE WILL BECANCELLED

You will have nothing other than clear liquids until after your procedure has been completed. The clear liquid diet ends four (4) hours before your procedure; at that point you must have nothing further.

- You may have water, clear fruit juices (white grape, apple), soda (Sprite, Ginger Ale, Pepsi, Coke, and diet colas), Jell-O, ice pops, broth, bouillon, coffee, tea, Gatorade
- You may NOT have anything red, purple, blue, orange

You may NOT have milk or milk products (this includes non-dairy creamers)

TAKING YOUR PREP MEDICATIONS

DAY OF YOUR PROCEDURE

6:00 am

Drink the 8 oz. bottle of magnesium citrate. Drink slowly since rapid consumption can cause nausea, bloating and vomiting. If you feel yourself getting sick, you may stop for 30 minutes and then restart. Do not take any other medications within 1 hour of starting to drink the magnesium citrate.

****Note: During the 4 hours prior to your procedure you may not have anything to eat or drink****

2 Hours prior to leaving home

Give yourself 2 Fleet Enemas. You need to insert one, hold as long as possible and then expel. You must do these 2 times prior to leaving the house.

AFTER THE PROCEDURE:

When the scope is removed, you may feel the urge to pass air out of your rectum. This is a normal response. You may return to a normal diet as tolerated, unless otherwise instructed by your physician. If you experience abdominal pain or rectal bleeding please contact our office. If it is after hours please go to the emergency room to be evaluated.

Your Shopping List

Items to purchase from your pharmacy:

_____ 8 oz. Bottle of Magnesium Citrate

_____ 2 Fleet Enemas

Examples of clear liquids you may purchase from any store:

_____ Water

_____ Yellow, Green or Clear colored Gatorade

_____ Clear fruit juice – white grape or apple

_____ Soda - Sprite, Ginger Ale, Pepsi, Coke, and diet
colas

_____ Jell-O (yellow & green)

_____ ICE pops (yellow & green) No fruit bars

_____ Broth

_____ Bouillon

_____ Coffee (no creamer)

_____ Tea

***DO NOT HAVE ANYTHING RED, PURPLE, BLUE OR ORANGE
DO NOT HAVE MILK OR MILK PRODUCTS (THIS INCLUDES NON-DAIRY CREAMERS)***