

**ENTEROSCOPY PREPARATION**

The following are the instructions that you will need to follow prior to your Enteroscopy. Please try to follow them as closely as possible to ensure a successful procedure. It is possible that you may feel abdominal cramping, rectal discomfort, some rectal bleeding, tiredness, and headaches during the preparation. Should any of these symptoms be significant or you have concerns about them, please do not hesitate to contact us at 713-795-4444. **Failure to take this preparation as indicated below may result in a poorly cleansed bowel and possible cancellation of the procedure.**

**If you normally take medications in the morning, take them on the day of the procedure as well, except:**

- At least 5 days ahead, stop Aspirin, Advil, Aleve, Celebrex Ibuprofen, Lovinox, Motrin, any iron pills or medications that contain iron. You may take Tylenol if it is necessary.
- At least 3 days ahead, stop Plavix and Coumadin.
- Let us know if you are taking blood thinners.

**ONE DAY prior to the procedure:**

1. Full liquid diet until noon.
2. Clear liquid diet noon to midnight. (except if your procedure is scheduled in the afternoon)
3. PLEASE DO NOT EAT OR DRINK ANYTHING RED OR PURPLE AFTER 8 PM.
4. **NO ALCOHOL!**

**THE DAY of your procedure:**

Morning procedure:                      If your procedure is scheduled in the morning, you may not have anything to eat or drink after midnight except for your preparation listed below.

Afternoon procedure:                      If your procedure is scheduled for 12:00pm or later, you may have CLEAR LIQUIDS (NO SOLID FOODS) until 8:00a.m.and follow the preparation instructions listed below.

- Nothing by mouth after finished taking the tablets with clear liquid.
- **Medications:** You may take important medications (such as heart, blood pressure, thyroid or a seizure disorder etc.) with a small sip of water on the morning of your procedure. If you are a **diabetic**, DO NOT take your diabetic medications on the morning of your procedure. Routine medications with the exception of blood thinning medications may be taken when you get home. Insulin should not be taken on the morning of your procedure.
- **Transportation:** Since your procedure involves some anesthesia/sedation, you MUST have someone drive you home and stay with you during the following 4-6 hours (NO TAXI DRIVERS). They should also remain in the facility during your procedure so the physician may speak with them once you are in recovery.

**Results:** The medical assistant will notify you in the mail regarding your biopsy result (if taken) within 10 business days.

---

---

Medical Assistant: Natalia – ext 110 / Amelia – ext 103  
Procedure Scheduler: Kimberly– ext 104 / Mistie – ext 107 / Lana – ext 119

---

---

**We appreciate your efforts in helping us to help you.  
All of us at Digestive Associates of Houston, P.A. thank you and wish you well.**