

ENTEROSCOPY PREP

ENTEROSCOPY INSTRUCTIONS

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READ ALL INSTRUCTIONS WITHIN A WEEK BEFORE YOUR PROCEDURE

If you start Blood Thinner or Weight loss medications after scheduling your procedure, or have questions, Please call our office at 303-788-8888 or visit www.southdenvergi.com.

7 DAYS PRIOR TO PROCEDURE

- **STOP** Iron Supplements a week before the ENTEROSCOPY as they can be constipating.
- If you take **BLOOD THINNERS** we will obtain authorization from your prescribing doctor. We will call you with specific instructions. If we have not called you within 7 days of your procedure, please call our office immediately.
- If you take **Warfarin, Coumadin or Jantoven**, you must have your **PT/INR** checked the day before your procedure. We will give you specific instructions for this test.
- Take your heart and blood pressure medications as close to your regular schedule as possible. If you are scheduled to take them within the 2 hours prior to the scheduled procedure time, please take them earlier than the 2 hours and with only a small amount of water.
- You may continue to take aspirin as prescribed.
- If you are scheduled to have anesthesia, the anesthesiologist may contact you to review your medical history, medications and allergies.
- Diabetes medications: We ask that GLP-1 medications be held for 7 days. Please contact your prescribing provider's office for specific instructions.

- If you take a prescription type weight loss medication such as **Phentermine** you must hold it for 7 days before the procedure.
- **DO NOT STOP** Contrave or Naltrexone.
- If you use inhalers please bring them with you. If you use a CPAP machine, please bring it with you, only if you are scheduled at the hospital.
- Sedation: Conscious (goal is to keep you comfortable / you may or may not sleep) OR: Anesthesia/MAC (you will sleep).

Both may leave you feeling groggy, dizzy, sleepy or nauseous. Vomiting may occur.

1 DAY BEFORE THE ENTEROSCOPY

- It is important for the stomach to be empty so the physician can see the entire area and to prevent the possibility of vomiting during the procedure.
- **NO SOLID FOOD AFTER MIDNIGHT THE NIGHT BEFORE YOUR ENTEROSCOPY.**
- **YOU MAY HAVE CLEAR LIQUIDS FROM THIS LIST UNTIL 4 (FOUR) HOURS BEFORE THE PROCEDURE:**
 - Clear broth (chicken, vegetable or beef bouillon)
 - Broth or consommé
 - Tea
 - Coffee (No cream, milk or non-dairy creamer)
 - Kool-Aid (No red or purple)
 - Gatorade/PowerAde
 - White cranberry juice
 - Apple juice
 - Lemonade/ Limeade
 - Italian Ices /

Popsicles

- Jell-O
- Hard candy
- Ensure Clear
- **YOU MAY NOT HAVE** anything red or purple (as they can stay in the GI tract and look like blood), milk, milk products, non-dairy creamers, juices with pulp, nectar or alcoholic beverages.

THE DAY OF THE ENTEROSCOPY

- **AFTER 4 hours prior to your procedure, YOU MAY NOT DRINK ANY MORE LIQUIDS, INCLUDING WATER.**
- You may brush your teeth and rinse your mouth but do not swallow any liquids.
- **ONLY EXCEPTION:** Take heart, blood pressure and anti-seizure medications with small sips of water at the time you normally would.