

Preparation for Balloon-Assisted Lower Endoscopy

Planning for the Procedure

- **You must have a driver** who is 18 years or older present at check in and discharge. If you do not have a driver with you at check in, we will need to reschedule your appointment. This person must remain in the unit during your entire visit so that they are available as soon as you are ready to be discharged. You will not be discharged unless this person is in the unit. Because your judgment may be impaired after this procedure, you will not be released to take public transportation, a taxicab, or even walk home without another responsible adult present to accompany you.
- The entire procedure appointment may take at least 3 to 4 hours to complete. Please advise your driver that they must remain in the unit during your entire visit.
- **Please leave all jewelry and personal items at home.** If you bring jewelry to your appointment, we may have to ask you to remove it.
- **Please do not wear contact lenses.**
- If you have not received a bowel prep, call the Endoscopy Call Center at 734-936-9250 or toll-free at 877-758-2626.
- If you have diabetes, ask your health care provider for diet and medicine instructions.
- If you must cancel or reschedule your appointment, please call the Endoscopy Call Center as soon as possible at 734-936-9250 or toll-free at 877-758-2626.

What supplies do I need to prepare in advance?

Fill prescription for PEG/Electrolyte-Generic, NuLYTELY, GoLYTELY, or CoLyte at your local pharmacy.

Following are your instructions for taking medicines and preparing your colon. **Follow the instructions carefully** to ensure a successful procedure.

7 days before your balloon-assisted lower endoscopy:

- If you take aspirin or NSAIDs, such as Advil®, Motrin®, Celebrex®, or ibuprofen, you may continue to take them as usual.
- If you take a blood thinner, such as Plavix®, Pradaxa®, Clopidogrel®, Coumadin®, warfarin, Effient®, Prasugrel®, or Lovenox®, ask your health care provider for specific instructions.
- Stop taking iron supplements: ferrous sulfate or polysaccharide iron complex.

3 days before your balloon-assisted lower endoscopy:

Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes, and celery.

2 days before your balloon-assisted lower endoscopy: Stop eating

solid food. Begin a clear liquid diet. Drink at least 8 glasses of water during the day to avoid dehydration. (Refer to the table below to check which liquids and drinks are allowed on a clear liquid diet).

Allowed clear liquids:	Non-clear liquids – NOT allowed:
<ul style="list-style-type: none">• Gatorade, Pedialyte, or Powerade• Coffee or tea (no milk or non-dairy creamer)• Carbonated and non-carbonated soft drinks• Kool-Aid or other fruit-flavored drinks• Apple juice, white cranberry juice, or white grape juice• Jell-O (gelatin) or popsicles	<ul style="list-style-type: none">• Chicken, beef, or vegetable broth• Red or purple items of any kind• Alcohol• Milk or non-dairy creamer• Juice with pulp• Hard candy• Any liquid you cannot see through

1 day before your balloon-assisted lower endoscopy:

- Continue the clear liquid diet throughout the day. No solid foods.
- **At 8 am:** drink one 8 oz. glass of PEG/Electrolyte-Generic, NuLYTELY, GoLYTELY, or CoLyte solution and continue drinking one 8 oz. glass every 15 minutes until 2 liters (64 oz.) of the prep solution is gone. Do not drink any other liquids while you are drinking the PEG/Electrolyte-Generic, NuLYTELY, GoLYTELY or CoLyte solution.
- **Between 5 and 6 pm:** drink 2 liters (64 oz.) of the prep solution over the course of 2 hours. This completes the first 4 liter container of prep solution.

Day of your balloon-assisted lower endoscopy:

- Drink another 2 liters (64 oz.) of prep solution 5 hours before you need to leave for your procedure. Afterward, you will have 2 liters of prep solution left in the container, which you can throw away.
- You may take all your morning medicines (except for oral diabetes medicine) as usual with 4 oz. of water up to 4 hours before your procedure.

2 hours before your procedure:

- Stop chewing gum.
- Stop drinking all clear liquids.

Bring a list of all of your current medicines with you, including over-the-counter medicines.

You are ready for the procedure if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.

Colon cleansing tips:

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Continue to drink the prep solution, as directed.

3. Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30 to 90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours and sometimes much longer). Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter-remedies, such as hydrocortisone cream, baby wipes, Vaseline®, or TUCKS® pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.

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