

Preparation for Balloon-Assisted Upper 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 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 to buy ahead of time for the prep:

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

- **Additional clear liquids:** water, apple juice, white grape juice, black coffee, tea, lemon/lime Kool-Aid Jell-O, soda pop (colas, 7UP, Sprite), lemon/lime Jell-O. **Do not drink** red, orange, blue, or purple liquids, including Jell-O.

What to do one week (7 days) before the procedure:

- Stop taking iron supplements: ferrous sulfate or polysaccharide iron complex.

What to do the day before the procedure:

- **Stop eating solid food.** Clear liquids are acceptable to drink.

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, 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 creamers • Juice with pulp • Hard candy • Any liquid you cannot see through

- Begin a clear liquid diet. Drink at least 8 glasses of water during the day to avoid dehydration. See above for a list of liquids and drinks that are allowed on a clear liquid diet.
- **By 7:00 pm,** drink one 8 oz. glass of PEG/Electrolyte-Generic, NuLYTELY, GoLYTELY, or CoLyte solution and continue drinking one 8 oz. glass every 15 minutes over the next 2 hours until the 2 liters (64 oz.) of the prep solution are gone.

- You may drink as many glasses of clear liquids as you like during the afternoon and evening on the day before the procedure (see examples above).
- Remain close to a bathroom because drinking this prep will give you diarrhea, usually within an hour of starting. The goal is for your stools to be clear or light yellow water.

What to do the morning of the procedure:

- **2 hours before the procedure:**
 - Stop chewing gum.
 - Stop drinking all clear liquids.
- You may take all of your morning medicines (except for oral diabetes medicine) as usual with 4 oz. of water up to 4 hours before your procedure.

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