

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 will need to remain in the facility for the duration of the procedure.
- **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 diabetes, ask your health care provider for diet and medicine instructions.
- If you must cancel or reschedule your appointment, please call the Medical Procedures Unit Call Center as soon as possible at 734-936-9250 or toll-free 877-758-2626.

Following are your instructions for taking medicines and preparing for your procedure.

Follow the instructions carefully to ensure a successful exam.

7 days before your EMR:

- 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 like Plavix®, Pradaxa®, Clopidogrel®, Coumadin®, warfarin, Effient®, Prasugrel® or Lovenox® ask your health care provider for specific instructions.

1 day before your EMR:

You may have your normal diet the day before the procedure.

Day of your EMR:

Stop eating all solid foods 8 hours before your procedure. Clear liquids are acceptable to drink.

<p>Allowed Clear Liquids:</p> <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	<p>Non-Clear Liquids – Not allowed</p> <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
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- You may take all of your morning medicines (except for oral diabetes pills) as usual with 4 oz. of water up to 4 hours before your procedure.

- If you take oral diabetes medicine (pills): **do not** take the medicine the morning of your test.

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 any over-the-counter medicines.

When should I call the call center?

If you have been ill and have had any of the following symptoms within 48 hours of your appointment, please call the call center at (734) 936-9250:

- Fever greater than 100.6
- Productive cough (where your cough is producing phlegm)
- Diarrhea

Vomiting (not related to taking the bowel prep)

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.

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