

EGD/BRAVO PH MONITORING PREPARATION

The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep.

FAILING TO FOLLOW THE BELOW INSTRUCTIONS MAY RESULT IN CANCELING AND/OR RESCHEDULING YOUR PROCEDURE.

- If you have any medical or medication questions, please call 605-721-5400 for procedures scheduled at The Endoscopy Center. If you are scheduled at Monument Health Rapid City Hospital or Black Hills Surgical Hospital-Imaging Center, please call 605-721-8380.
- You should plan to be at your scheduled facility for 2 to 3 hours.

Special Notes:

- If you are on a **blood thinning medication** (Coumadin, Xarelto, Brilinta, Ticlid, Heparin, Effient, Plavix, Pradaxa, Aggrenox, Eliquis) and have not received instructions regarding adjusting your medication, please contact the appropriate number above based on facility scheduled. These medications need to be held prior to the week of the procedure.
- See the **Medication Information Sheet** regarding medications that need to be stopped PRIOR to your procedure. **(Pages 3 & 4)**

5 DAYS PRIOR

STOP the following medications:

- a. Aciphex (Rabeprazole)
- b. Nexium (Esomeprazole)
- c. Prevacid (Lansoprazole)
- d. Prilosec (Omeprazole)
- e. Protonix (Pantoprazole)

Do not take any Reglan, Famotidine, Tums, or any other over-the-counter medications **twenty-four (24) to thirty-six (36) hours prior to exam.**

You will carry a recording device with you for 48 hours. After the study is complete, you will return the recording device to the Endoscopy Suite at Monument Health Rapid City Hospital.

The attached capsule will detach on its own and pass through your bowels.

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Prep Day: The day OF your procedure

NO SOLID FOODS AFTER MIDNIGHT.

CONTINUE CLEAR LIQUIDS ONLY, THEN NOTHING BY MOUTH AFTER THE BELOW STOP TIMES BASED ON YOUR APPOINTMENT TIME, INCLUDING WATER, GUM, HARD CANDY, AND SMOKING.

- If your appointment is **BEFORE 12:30 PM** - You may have clear liquids until 5:30 AM.
- If your appointment is **AFTER 12:30 PM** - You may have clear liquids until 10:30 AM.

NO CHEWING TOBACCO OR POUCHES OF ANY KIND AT LEAST 6 HOURS PRIOR TO YOUR CHECK-IN TIME. If you do, your procedure will be cancelled due to the risk of complications.

- If you take daily medication, you may take it with **SMALL SIPS OF WATER ONLY**, no later than the stop time listed below, based on your appointment time.
** SEE THE MEDICATION INFORMATION SHEET (Pages 3 & 4).
 - If your appointment is **BEFORE 12:30 pm** - You may take your medications prior to 5:30 am.
 - If your appointment is **AFTER 12:30pm** - You may take your medications prior to 10:30 am.
- You may brush your teeth but do not swallow.

Day of Procedure Information

- **NO CHEWING TOBACCO OR POUCHES OF ANY KIND AT LEAST 6 HOURS PRIOR TO YOUR CHECK-IN TIME. If you do, your procedure will be cancelled due to the risk of complications.**
- Take your prescribed medications unless otherwise instructed.
- Do not take Aspirin or Aspirin containing products today.
- Do not wear jewelry, piercings, or eye make-up to appointment.
- Bring your inhaler and/or eyeglasses case with you if you use these items.
- Do not wear contact lenses to your procedure. Please wear your glasses instead. If you do not have glasses, bring contact lens case and solution with you. Your contact lenses must be removed prior to the procedure.
- You do not need to come in earlier than your stated check-in time. Additional time for check-in and admission is already built into check-in time.
- You must have a responsible adult driver, or your procedure will be cancelled.
- Be sure to bring picture ID, insurance cards, co-pay or deductible portion of your procedure with you.
- If you are scheduled at The Endoscopy Center, a urine pregnancy test will be performed on all women between 18-50 years of age who have not had surgical intervention (hysterectomy, tubal ligation) to prevent pregnancy. There is an option to decline.

Medication Information

Blood Thinning Medications

Please inform the Scheduling Department right away at 605-721-5400 if you are on a blood thinning medication such as Coumadin (Warfarin), Xarelto (Rivaroxaban), Brilinta (Ticagrelor), Heparin, Effient (Prasugrel), Plavix (Clopidogrel), Aggrenox (Aspirin-dipyridamole), or Eliquis (Apixaban). These medications must be stopped prior to procedures. The scheduling nurse will contact your prescribing physician for orders to hold your medication and then contact you with instructions.

7 DAYS PRIOR

STOP taking Phentermine, GLP-1 Agonist drugs (**see list and instructions below)

5 DAYS PRIOR

If you are taking Aspirin 325mg, decrease dose to 81mg five days prior to the procedure, and do not take it the day of the procedure.

3 DAYS PRIOR

STOP taking medications for erectile dysfunction (Viagra, Sildenafil, Cialis, Tadalafil)

1 DAY PRIOR

STOP taking Contrave.

DAY OF PROCEDURE

Take your prescription medication (such as medications for heart and blood pressure, thyroid, and acid reflux) unless instructed by the nurse to hold them.

DO NOT TAKE vitamins or supplements the morning of your procedure.

DO NOT TAKE Aspirin, Aspirin-containing medications and NSAIDs the morning of your procedure. Examples include Ibuprofen, Empirin, Ecotrin, Bufferin, Ascriptin, Motrin, Advil, Meloxicam, Medipren, Nuprin, Naproxen, Naprosyn, Aleve, Sulindac, Clinoril, Piroxicam, Feldene, Indomethacin, Indocin, Diclofenac, Voltaren, Alka Seltzer, Excedrin and Percodan.

Diabetic General Recommendations & Instructions

These are only recommendations. Please check with your prescribing physician for more detailed instructions specifically for you.

Oral Diabetes Medications

For Colonoscopy:

- **The day before your colonoscopy** take your normal dose in the morning by 11:00 am with your light breakfast.
- **DO NOT TAKE** oral diabetes medications until **AFTER** your procedure when you resume eating

For EGD:

- **DO NOT TAKE** oral diabetes medications the day of your procedure until **AFTER** your procedure when you resume eating

Insulin

- Long-Acting Insulin (Lantus or Levemir) – take half of your usual dose the day before and the day of your procedure.
- 70/30 or 75/25 Insulin – take half of your usual dose the day before and the day of your procedure.
- Short Acting Insulin (Meal-related insulin or Sliding Scale Insulin)– Humalog, Aspart, Novalog:
 - For colonoscopy: The day before your colonoscopy, take sliding scale/meal related insulin if indicated in the morning with your light breakfast. DO NOT TAKE Short Acting insulin again until AFTER the procedure when you resume eating.
 - For EGD - do not take the day of your procedure until after your procedure when you resume eating.
- Insulin Pump – consult your endocrinologist for recommendations.

General Instructions:

- Check your blood glucose frequently during the preparation period, especially if you feel it is running too low.
- Your blood glucose levels may run higher than usual during this period due to adjustments in your diabetes medication.
- If blood glucose becomes extremely high, (greater than 350) call your prescribing physician.
- For low blood glucose levels, sweetened clear liquids/juices may be taken or you may suck on a hard candy until the allotted time per your instructions.
- Resume your usual diabetic diet and medications immediately after your procedure unless you are instructed to do otherwise.
- If your diet remains restricted following the procedure, ask your physician for instructions regarding diabetic medication adjustment.