



How to Prepare for Your Upper Single Balloon Enteroscopy

IMPORTANT - Please read these instructions at least 2 weeks before your appointment. Only follow these instructions if you have received them from your physician or the Loyola GI Lab.

PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT

If you must cancel or reschedule your appointment, please call **708-216-0464** with at least SEVEN DAYS notice so another patient can be offered the time slot.

Follow all of the instructions in this handout EXACTLY as they are written.

Key instructions:

- Because of the sedation you will receive, you will need to have an adult you know (18 years or older) come with you to your visit and take you home. This is hospital policy and cannot be changed by your physician. If you do not have an adult driver come with you to your visit, your appointment will be canceled.

PREPARING FOR YOUR PROCEDURE

Medications

Some of the medicines you take may need to be stopped or adjusted before your procedure.

- Blood thinners such as warfarin (Coumadin), clopidogrel (Plavix), enoxaparin (Lovenox), ticagrelor (Brilinta), ticlopidine (Ticlid), anagrelide (Agrylin), rivaroxaban (Xarelto), dabigatran (Pradaxa), and prasugrel (Effient). You **MUST** call **708-216-0464** at least 2 weeks before your procedure for medication orders.
- If you are taking aspirin because it was prescribed by a physician, then do NOT stop taking it for the procedure. If you do not have a heart or blood vessel or clotting disorder, and you are taking aspirin on your own without a doctor's advice, please stop taking aspirin 7 days before your procedure.
- You may continue to take non-steroidal anti-inflammatory medications, such as, Aleve, Motrin, Advil, Ibuprofen, Vioxx or Celebrex.
- Insulin or diabetes pills: You **MUST** call the doctor that monitors your blood sugar levels. Your medicine dose may need to be adjusted because of the diet restrictions required for the procedure.
- Take all other medications ordered by your doctor. On the day of your procedure, take your medications with a sip of water 2 hours before your scheduled procedure time.
- Bring a list of all your medications with you on the day of your procedure.

7 days before your procedure

- Make sure that you have a ride. **You will need to have an adult you know (18 years or older) come with you to your visit and take you home. YOU CANNOT DRIVE, TAKE A TAXI, BUS, MEDI-CAR, OR ANY FORM OF PUBLIC TRANSPORTATION.**

- If you have an Automatic Implanted Cardiac Defibrillator (AICD) or Pacemaker, get your information card from your doctor. You will need to bring it with you on the day of your appointment.
- Call **708-216-0464** if you are unable to keep your appointment and need to reschedule.

The day before your procedure

- Do NOT drink alcohol on the day before the procedure or the day of the procedure.

The day of your procedure

- **Do not eat any solid food after midnight**
- **You may have clear liquids, as long as it is at least 8 hours before your scheduled arrival time.** This means you can only eat or drink the following:
 - Water
 - Lemonade
 - Clear beef broth and/or clear chicken broth
 - Clear fruit juices (apple, white cranberry, white grape)
 - Coffee or tea (iced or hot) sweetener only.
NO CREAMER OR MILK
 - Clear carbonated beverages such as Ginger Ale or lemon-lime soda
 - Gatorade or other sports drinks (NOT red/purple)
 - Kool-Aid or other flavored drinks (NOT red/purple)
 - Yellow popsicles made with water
 - As a rule – if you can see through it, you can drink it.
- You may take your morning medications with sips of water. Be sure to take them at least 2 hours before your scheduled appointment time.
- You should arrive at the GI Lab at least **60 minutes** before your scheduled procedure time.
- **You will need to have an adult you know (18 years or older) come with you to your visit and take you home. YOU CANNOT DRIVE, TAKE A TAXI, BUS, MEDI-CAR, OR ANY FORM OF PUBLIC TRANSPORTATION.**
- If you have an Automatic Implanted Cardiac Defibrillator (AICD) or Pacemaker, bring your information card with you.
- Bring a list of all your medications with you.
- **PLEASE DO NOT BRING ANY VALUABLES WITH YOU ON THE DAY OF YOUR APPOINTMENT. REMOVE ALL JEWELRY AND LEAVE IT AT HOME.**

Questions

If you have any questions about preparing for your procedure, please call:

- During normal business hours: **708-216-0464**
- After-hours: Physician Answering Service **708-216-8000**, and ask for the GI Fellow On Call

This information is intended for distribution to individual patients of the Loyola University Health System. It is not intended for general use by the public and should not be used for diagnosing or treating a health problem or disease without consultation of a qualified health care professional.

For more information on health topics and Loyola University Health System services please see our website at www.loyolamedicine.org

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