

PROCEDURE INSTRUCTIONS

	Day of the procedure
Diet Instructions	<ul style="list-style-type: none"> • NO SOLID FOODS • Drink clear liquids until 3 hours before the procedure • Clear liquids: Water, coconut water (without pulp), broth (without pulp), clear juices, clear Ensure, lemonade, Gatorade (no purple or red), sodas, jello (no red or purple), tea, coffee (without cream). • Nothing by mouth 3 hours before your appointment, not even a sip of water. • Avoid: alcohol, dairy products, anything red or purple, anything with pulp. • No gum, hard candy or breath mints.
Reminders	<ul style="list-style-type: none"> • Do not take your regular medications, unless otherwise directed by our staff or your prescribing physician. (You MAY take your prescriptions the day before the procedure.) • Have your ride return to the second floor waiting room 30 minutes after your scheduled appointment.

General Procedure Instructions:

- **Your procedure will be performed at the Boulder Medical Center, GI-Lab located on the 2nd floor at 2750 Broadway Boulder, CO 80304.**
- Please check in at the kiosks in the lobby on the first floor with your insurance card.
- You will be receiving I.V. anesthesia.
- You may not drive or work the day of the procedure.
- After the procedure you will remain in the GI Lab recovery unit until you recover from sedation. On average, most patients are discharged 1.5 hours after they arrive.
- Patients who have received anesthesia may not drive for the remainder of the day. For safety and liability reasons, you **MUST** have an adult pick you up at the second floor GI Lab recovery unit at the time of discharge and take you home.
 - Please note that if you cannot provide appropriate transportation information during check in, unfortunately, we will need to cancel your procedure.
 - Dignity Care or other similar medical transportation service is acceptable, but they must come up to the 2nd floor to pick you up.
- You may be asked to stay in town for 3 days following your procedure should a polyp be removed.
- To reschedule or cancel your appointment, please call **(303) 440-3216**.
- Please be aware that cancellation of your appointment must be made at least 48 hours in advance in order to avoid a cancellation charge of \$150.
- If you have any medical questions about the instructions, please call Dr. Levine’s office at (303) 440-3094.

MEDICATIONS

Take:

- * Blood Pressure: Please take meds ending in 'olol the morning of the procedure.
Examples: Metoprolol, Atenolol, Labetolol

**** Please hold all other medications the day of the procedure. ****

Do NOT Take:

- * Blood Pressure: Do NOT take meds ending in 'pril or 'sartan the day of the procedure.
Examples: Lisinopril, Losartan
- * Blood thinners: If you can, stop taking blood thinning medications 5 days before the procedure.
Examples: Coumadin (Warfarin), Clopidogrel (Plavix), Aspirin, NSAIDS (Advil, Aleve, Ibuprofen)
If you have any concerns, please contact your prescribing physician for instructions on when to stop taking these medications.
- * Diet Pills/Stimulants: Please stop 2 weeks prior to the procedure Example: Phentermine
- * Diuretics: Stop taking "water" or "fluid" pills the day of the procedure, or consult your prescribing physician.
Examples: Lasix, Hydrochlorothiazide (HCTZ), Bumex
- * Iron pills: Stop 7 days prior to your procedure.
- * Fish Oil: Stop 7 days prior to your procedure.
- * Marijuana: Please do not take Marijuana, in any form, 24 hours before the procedure.
- * Smoking: Please do not smoke anything 24 hours before the procedure.
- * Diabetes:
 - If you take a pill to lower your sugar, do **NOT** take it on the day of your procedure.
 - If you are taking insulin (R), do **NOT** take it on the day of your procedure.
 - If you are taking long-acting insulin (NPH), you should take **HALF** of your prescribed dose on the morning of your procedure.
 - If you are taking any other insulin preparation such as Lantus, Humalog, or 70/30 insulin, **please contact your prescribing physician for instructions.**

If you have any questions concerning your medications, please contact your prescribing physician for specific instructions.