



ANESTHESIA PREOP INSTRUCTIONS FOR DAY OF PROCEDURE

- If you are having an upper endoscopy, **do not eat any solid foods after 10 p.m. the day before your procedure.** Eat a **light meal** as your last meal of the day on the evening before the procedure (at usual evening meal time) and drink **plenty of fluids with that meal.** ****This does not apply if you are having a colonoscopy or both upper and lower procedures, as you will be on clear liquids the entire day prior to procedure with no solid foods at all.**
- If there is food left in your stomach at time of your procedure the case will be **cancelled** and you will have to repeat the process due to risk of inhalation of gastric contents into lungs, which may be life threatening.
- Whether having an upper endoscopy or colonoscopy, **all liquids drunk between eight (8) and four (4) hours prior to procedure must be clear/ transparent.** Drinking fluids with pulp or milk products is treated like eating solids and will cause **cancellation** of procedure.
- Please take any medications you are planning to take at least four (4) hours prior to scheduled procedure with just two to three sips of water.
- **NOTHING by mouth within 4 hours of scheduled procedure time - including gum, hard candy/mints & NO smoking tobacco, marijuana, or use of e-cigarettes the day of your procedure.** Failure to comply with these instructions may cause **cancellation** or delay of your procedure because it **increases the risk of potentially life threatening complications.**
- If you do not know your medications, please bring a list; this information needs to be verified.
- For the comfort of your family, friends, or other responsible drivers who come with you, we have beverages in our waiting room; **do not be tempted to drink anything while waiting for your procedure.** After the procedure you will be offered something to drink, and can resume a normal diet unless otherwise instructed by your gastroenterologist.
- Anesthesia restrictions **after** the procedure include **no driving, no alcohol, and no legal / financial decisions for the rest of the day (no matter how normal you may feel).** You may resume normal daily activities the next morning.
- If you experience any symptoms of cold, flu, or other upper respiratory infections prior to your procedure, please report this immediately to your Physician's Office or the Endoscopy Center before starting your preparation.

CLEAR LIQUID DIET CHOICES AND RECIPES

If you experience nausea or vomiting during the prep, try the following:

- Chill the mixture
- Suck on lemon or lime slices
- Add a flavored powdered drink such as Crystal Light® or Lemonade mix
Take a 15-30 minute break, then start drinking again

CLEAR LIQUID CHOICES	
NO ALCOHOLIC BEVERAGES	NO RED OR PURPLE COLORED ITEMS
<ul style="list-style-type: none"> • water • tea • plain coffee • clear juices such as apple or white grape • lemonade from powdered mix • fruit-flavored drinks, such as Kool-Aid®, Crystal Light®, etc. • carbonated beverages/soda • sports drinks, such as Gatorade®, All-Sport®, Powerade®, etc. • fat-free broth/bouillon/consomme • plain/flavored gelatins • sorbet • fruit ices/Italian ices • popsicles® (without milk or added fruit pieces) • honey • sugar • hard candy 	
CLEAR LIQUID DRINK RECIPES	
NO PURPLE COLORED ITEMS	
<p>High Protein Fruit Drink 8 oz. commercial clear liquid nutritional drink ½ cup sorbet 6 oz. ginger ale Mix all ingredients and blend until smooth</p>	<p>Fruit Fizz 1 cup clear fruit juice from clear liquid list ½ cup sparkling water ½ cup ice Blend ice and juice until slushy. Pour in glass and add sparkling water.</p>
<p>Lemon Lime Slush Juice from two limes and one lemon 1 cup sparkling water 1 cup ice 4 tsp sugar or to taste Blend ice and juice until slushy. Pour in glass and add sparkling water.</p>	<p>Frozen Fruit Slush 1-6 oz. can of frozen clear juice concentrate 4 tbsp sugar 3 cups crushed ice Mix all ingredients and blend until smooth.</p>
<p>NOTE: Homemade ice pops can also be made using fruit juice, sports drinks or other favorite clear liquids.</p>	