
PATIENT NAME

PATIENT ID

DOCTOR

CHECK IN FOR YOUR PROCEDURE:

Date: _____ Time: _____ AM PM

HyGleaCare GI Associates: 2510 Lakeland Drive, Suite 115, Flowood

Other: _____

Payment due at time of service. Payable by credit card, check, or cash.

HYGIEACARE PREP PROCEDURE

This exam requires careful preparation!

****Read through these instructions carefully at least 5 days prior to your procedure.****

It is very important that you follow the full program of preparation. The results obtained from the exam are dependent on your colon being carefully cleansed and empty. An improperly prepared bowel may mean the exam will have to be repeated at another time, and more importantly, fecal matter left in the bowel can hide important conditions that may be present.

- Bring all current medications with you to the facility where your procedure will be done.
- **Five (5) days** before your scheduled procedure, **stop taking all** iron supplements.
- Please leave all jewelry and valuables at home. However, bring insurance cards and drivers license. You may want to bring a sweater.
- You will be given medication to make you sleepy. You must have someone with you who will be responsible for driving you home. The driver must be a responsible adult, 18 years of age or older. In the event that the driver is a licensed minor, a secondary adult must be available to sign the discharge orders. Any exceptions to this requirement must be made by the attending physician in advance. Patients are not allowed to leave alone by taxi or bus. If you must cancel your procedure, please notify this office as soon as possible.
- Your driver **must** remain at the facility.
- **Start a low residue diet 4 days before your procedure date.** A guideline of foods to choose on a low residue diet is included with these prep instructions.

THREE DAYS BEFORE your procedure

- Adhere to the Low Fiber/Residue Diet and follow medication instructions as ordered (see attached Low Fiber/Residue Diet handout).
- Take 3 tablespoons of Milk of Magnesia at 6:00 pm. May take at 8:00 p.m. if schedule does not allow 6:00 p.m. dose.
- Drink at minimum 8 ounces of fluid every hour until bedtime for hydration.

TWO DAYS BEFORE your procedure

- Adhere to the Low Fiber/Residue Diet and follow medication instructions as ordered (see attached Low Fiber/Residue Diet handout).
- Take 3 tablespoons of Milk of Magnesia at 6:00 pm. May take at 8:00 p.m. if schedule does not allow 6:00 p.m. dose.
- Drink at minimum 8 ounces of fluid every hour until bedtime for hydration.

ONE DAY BEFORE your procedure

- Adhere to a clear liquid diet all day. Clear liquids include water, black coffee, tea, broth, bouillon, clear juice, popsicles, Jell-O, Gatorade, lemonade, and soft drinks. **No purple, red, or orange colors, no alcohol, and no dairy. Nothing solid of any kind.**
- Drink at minimum 8 ounces of fluid every hour until bedtime for hydration.

Afternoon or Early Evening

PLEASE USE DULCOLAX LAXATIVE:

- Take 2 Dulcolax tablets at 5:00 p.m.
- Take 2 Dulcolax tablets at 7:00 p.m.
- Take 2 Dulcolax tablets at 9:00 p.m.
- Drink at minimum 8 ounces of fluid every hour until bedtime for hydration.

The DAY OF your procedure

- You may have clear liquids only until 3 hours before your scheduled Hygieacare time, and then **DO NOT** have anything by mouth until after your procedure. If you drink anything during this time, your procedure may have to be rescheduled.
- If you take blood thinners or medications to treat a heart condition, hypertension, seizures or diabetes, see notes below
- After you prep is completed, proceed directly to the endoscopy center. Bring the following to the endoscopy center:
 - Responsible adult driver to stay with you and drive you home. **Your procedure will not start without your driver present.**
 - Insurance Cards
 - Photo ID

BLOOD THINNERS

If you take any of the following medications, **let us know**. You will be given specific instructions based on the procedure you will be having.

Aggrenox (aspirin/ dipyridamole)	Eliquis (apixaban)	Pletal (cilostazol)
Arixtra	Heparin	Pradaxa (dabigatran)
Brilinta (ticagrelor)	Lovenox	Savaysa
Coumadin (warfarin)	Miradon (anisindione)	Ticlid (ticlopidine HCL)
Effient (prasugrel)	Plavix (clopidogrel)	Xarelto

If you take Aspirin or Persantine (dipyridamole), please hold the dose on the day of your procedure.

HEART, BLOOD PRESSURE, AND SEIZURE MEDICINES

If you take medication for your heart, blood pressure, or seizures, please take these medications on the morning of your procedure with a small sip of water.

DIABETIC PATIENTS

- Monitor your blood sugar while prepping for your procedure.
- Please make sure you have drinks available that are “regular” (not diet or sugar-free) in case you develop low blood sugar while you are prepping for your exam.
- If you take a pill to lower your sugar, **do not take it** before you check in for your procedure.
- If you take insulin, we will try to schedule your procedure in the early part of the day. **Do not take Humulin, regular or NPH insulin** before arrival on the day of the procedure.
- If you have an insulin pump, continue on your usual basal rate the morning of your procedure. When eating again, you can resume bolus doses.
- If you take any other insulin preparation such as Lantus, Humalog, or 70/30 Insulin then you **MUST CONTACT YOUR PRESCRIBING DOCTOR FOR INSTRUCTIONS.**

If you have any questions about these instructions please check our web site at www.gi.md or call **601-360-8200** during the hours of **6:30 a.m. – 3:00 p.m.**