

# Instructions for Your Procedure



**ESSEX-HUDSON**  
GASTROENTEROLOGY  
SPECIALISTS IN GASTROENTEROLOGY AND LIVER DISEASES

## INSTRUCTIONS:



- For the entire day before your procedure until after the procedure is finished, **avoid all solid foods!** You must follow a clear liquid-only diet (see below).
- **DO NOT** have anything to eat or drink **after 12:00 MIDNIGHT the day before** your procedure or the morning of your procedure unless told otherwise by your doctor. This includes gum or candy in the mouth.
- You must arrange transportation to/from your procedure. You will receive IV sedation for your procedure; therefore, you will not be permitted to drive for the remainder of the day.

## SPECIAL INSTRUCTIONS:



- You may brush your teeth before the procedure.
- **MEDICATION INFORMATION**
  - **Stop taking** all vitamins and oral medications containing iron one week prior to your procedure.
  - Continue all other medications, unless you are told otherwise by your doctor.
  - Red/purple colored medications are ok to take the day before the procedure.
  - **DO NOT** take your insulin before the procedure **BUT bring it with you** and it will be given to you after the procedure is completed.
  - You will need to avoid Coumadin, Aspirin, or other blood- thinning medications (for example, Motrin, Advil, Ibuprofen, Aleve) for 5 days before your procedure.

## The Clear Liquid Diet

### YOU MAY HAVE:

- No solid foods, only light or clear-colored liquids; **nothing RED or PURPLE**
- Water, Coconut water
- Fruit juices **without** pulp – apple, white grape juice, lemonade (no orange juice or red or purple juices)
- Clear broth or any flavor bouillon
- Gatorade, Kool-Aid, Crystal-lite, Vitamin Water (clear, not red or purple)
- Soda and iced tea, regular or diet (clear, not red or purple)
- Jell-O gelatin **without** added fruit or toppings (clear, not red or purple)
- Popsicles, ices or sorbet (lemon, peach, or mango; not red or purple)
- Honey, sugar, and clear hard candies
- Tea or coffee **without** milk, cream, or non-dairy creamers.

### YOU MAY NOT HAVE:

- Dairy products (regular milk, soy milk, rice milk) or non-dairy creamers
- Smoothies or Blended fruit or vegetable drinks

**You must arrive ONE HOUR before your procedure time which is scheduled for:**

Patient's Name: \_\_\_\_\_ Date/Time of Procedure \_\_\_\_\_

Place of Procedure: \_\_\_\_\_

To get your test results you will need to call the office and set up a follow-up appointment for 2 weeks after your procedure. **We do not give test results over the phone unless directed by the doctor.**

If you have any questions regarding your procedure, please call the office at: 973-759-7240.