

WESTCHASE GASTROENTEROLOGY

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HALO PREPARATION INSTRUCTIONS

Please read over these instructions carefully

Preparations prior to your procedure date:

- ✓ **DO NOT take for seven (7) days prior** to procedure: any **anti-coagulants/blood thinners/anti-platelets** medication(s) (Plavix, Coumadin, Effient, Xarelto, Pradaxa, etc.) Aspirins, and/or NSAIDs. **Please contact the physician who prescribed any of those medications in advance for clearance and/or instructions.** This includes over the counter (OTCs): iron, multi-vitamin with iron, Vitamin E, St. John's Wort, ginkgo-biloba, ginger, fish oil, and garlic pills. *If you need to take a pain reliever, you can take Tylenol (Acetaminophen).*
- ✓ **Five (5) days prior to procedure date: increase your dose of proton pump inhibitors (PPIs) to twice a day.** PPI medications are: Omeprazole (Prilosec), Pantoprazole (Protonix), Lansoprazole (Prevacid), Rabeprazole (Aciphex), Zegerid, Nexium, and Dexilant.
- ✓ **DO NOT EAT or DRINK after midnight the night before procedure date.**

Day of your procedure: _____ . Be at the Outpatient Endoscopy Unit at: _____ .

- ✓ **DO NOT eat or drink.** Exception: if you take blood pressure, heart, seizure and/or thyroid medications, take with a small sip of water no later than two (2) hours before your procedure time.
- ✓ Please bring the following items with you:
 1. Your insurance cards and driver's license
 2. Eye glasses if needed for reading
- ✓ Please leave jewelry and valuables at home, wedding band(s) may be worn.
- ✓ Please wear comfortable clothes; you will be changing into a gown.

Important reminders:

- ✓ Someone must drive you home after your procedure. You will not be discharged from the facility if you do not have a driver.
- ✓ Plan on resting after your procedure. Avoid big activities, operating motor vehicles, and do not drink alcohol on the day of the procedure.
- ✓ If you are DIABETIC:
 - a. If you use insulin, only **use ½ dose** of insulin the night before your procedure & **NO** insulin the morning of your procedure.
 - b. If you take pills, **DO NOT** take them the day before and the morning of your procedure. You may resume normal dosing after your procedure.
- ✓ You may have some discomfort/pain, similar to heartburn after the procedure, this is normal. For pain, take GI cocktail, as directed, or for comfort and soothing, take Carafate 1g/10ml suspension as directed. **Please fill these prescriptions at least three days in advance to your procedure to ensure the availability of the medications at your pharmacy.**

NOTE: IF YOU HAVE NOT SCHEDULED A FOLLOW-UP APPOINTMENT FOR AFTER YOUR PROCEDURE PLEASE CALL THE OFFICE TO SCHEDULE ONE. WE DO NOT GIVE RESULTS OVER THE PHONE, NO EXCEPTIONS. THANK YOU!

IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE OFFICE.