

ANESTHESIA PREOP INSTRUCTIONS FOR DAY OF PROCEDURE

- If you are having an upper endoscopy, **do not eat anything for at least eight (8) hours prior to 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.
- **Do not drink, sip, chew gum, chew tobacco, or have hard candy/mints** four (4) hours prior to your scheduled 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.

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

• 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/consommé • plain/flavored gelatins • sorbet • fruit ices/Italian ices • popsicles® (without milk or added fruit pieces) • Ensure® clear • honey • sugar • hard candy

NO RED OR PURPLE COLORED ITEMS

CLEAR LIQUID DRINK RECIPES NO RED OR PURPLE COLORED ITEMS

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

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.

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.

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.

NOTE: Homemade ice pops can also be made using fruit juice, sports drink or other favorite clear liquids.