

## **Important Information Regarding Your Afternoon Procedure:**

- You are not permitted to drive until the day following the procedure because of the sedation received. You must have a responsible adult provide transportation home. You may take a cab home only if you have a responsible adult accompanying you (excluding the cab driver).
- If you take heart or blood pressure medications, you may take the medication one hour before you start drinking your morning preparation or one hour after your morning preparation is completed.
- If you are diabetic, and check your blood sugars at home, please check your blood sugar the morning of the exam.
- If you are a patient who is taking Coumadin, Pradaxa, Xarelto, Eliquis, Plavix, Pletal, Ticlid, Aggrenox, Brilinta or Effient please clear our request to stop the medication with your personal physician.
- If you use inhalers, please use your inhaler as directed the day of your procedure and bring them with you.
- To protect your skin from prep irritation, you may apply A&D ointment to your anus prior to drinking prep and after bowel movements.
- Chewing gum, eating mints and drinking water is not permitted when you are instructed not to eat or drink anything.
- If you experience frequent constipation, please call our office. We would like to provide you with special instructions to make your prep more effective.
- If you begin to feel bloated or nauseated while drinking the bowel prep solution, you may stop drinking for a brief amount of time to let things settle, then resume. This feeling is often temporary and should disappear once bowel movements begin. Bowel movements typically begin 1-4 hours after the first glass of preparation.
- If you are not tolerating your prep or your stools are not clear or yellowish in color (no brown fecal matter) at the completion of the prep, please call the physician on call at (610)526-0881. You may be instructed to take additional bowel preparation to ensure adequate preparation.
- Bring or wear a pair of socks in the event your feet get cold.
- If you wear reading glasses, please bring them with you.
- All body piercings must be removed prior to the procedure.
- Please do not use any lotions or perfume the day of the procedure, as patients and employees may be allergic.