

# MaineGeneral Gastroenterology

Appointment Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

Procedure Location:

**MaineGeneral Endoscopy  
Alfond Center for Health, 2nd Floor  
35 Medical Center Parkway  
Augusta, ME 04330**

## Preparation for BRAVO Off Medications

### Do these things **seven days before** your procedure:

- Stop taking your PPI medication. These include: Aciphex (rabeprazole), Prevacid (lansoprazole), Omeprazole (Prilosec), Protonix (pantoprazole), Dexilant (dexlansoprazole) and Nexium (esomeprazole).
- Arrange a ride home. When you have an endoscopy procedure, you will receive medicine that makes you sleepy, so you cannot drive yourself home. If you come without a driver, your procedure will be rescheduled.

### Do these things **two days before** your procedure:

- Do not take H2 blockers: Ranitidine (Zantac), Cimetidine (Tagamet), Famotidine (Pepcid), Nizatidine (Axid).
- Confirm your ride.

## Guidelines for Patients with Diabetes

### Drink plenty of clear liquids that contain sugar.

- Avoid caffeinated drinks. They can cause dehydration.
- Check your blood glucose (sugar) at least every 2 to 4 hours and record the results.
- If your blood glucose (sugar) is low, call 621-4600. If it's before 8:30 a.m. the answering service will page the doctor on call.

### If you use long-acting insulin:

- Take your long-acting insulin as prescribed. These include LANTUS®, Levemir® or your insulin pump.

### If you use short-acting insulin:

- Cut back to half the usual dose the day before your procedure.

### If you take oral agents (pills):

- Take as directed; you may hold them until after your procedure.

### Do these things **one day before** your procedure:

- No solid food after midnight.
- You may continue clear liquids such as tea, water, ginger ale, popsicles, broth, JELL-O, apple juice, cranberry juice or black coffee (with or without sugar).
- **If you are diabetic**, see guidelines below.

### Do these things **the day of** your procedure:

- Do not take antacids 6 hours before your procedure. Examples: Gaviscon®, Maalox®, Mylanta®, Riopan or TUMS®.
- Take your heart, blood pressure or asthma medications 6 hours before your procedure with water (unless prescribed for later in the day).
- Do not chew gum or eat hard candy up to 4 hours before your procedure.
- Stop drinking clear liquids 3 hours before your procedure.