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## Retrograde Single Balloon Enteroscopy

Balloon-assisted enteroscopy uses endoscopes equipped with balloons that inflate and deflate to pinch together the walls of the GI tract. By compressing the walls, the gastroenterologist can reach and treat less accessible areas.

### Sedation:

You will receive sedation for your procedure. This helps you relax and feel comfortable during the procedure. When you have sedation, you must follow the instructions listed below or your procedure will be delayed or canceled. You may feel fine after your procedure, but your judgment may be impaired from the sedation medication you receive.

- Arrange to have an adult family member or friend accompany you to your procedure and to other appointments, pick you up from the procedure unit, and drive you home or to your place of lodging.
- The absence of a responsible adult will result in a delay or cancellation of your procedure if plans have not been made for your after-procedure travel.
- Do not drive for the rest of the day. Unaccompanied air travel on the same day as your procedure is not permitted. This is for your safety and the safety of others.

### Medications:

**If you have Diabetes:** Due to fasting prior to the procedure, if you are insulin dependent, you will take **HALF** of your normal morning dose the morning of the procedure. For further questions or concerns regarding insulin, please contact the ordering provider.

**If you take blood thinning medications:** Blood-thinning medications affect clotting and bleeding. Both the health care provider who manages these medications and the provider doing your procedure will need to decide if your medications need to change. Please make sure that the provider is aware if you are on any of these medications and make sure that you receive directions on when to stop taking these prior to the procedure. Some medications need to be stopped up to 7 days prior to the procedure, so make sure that you have plenty of time to receive these directions. **DO NOT STOP THESE MEDICATIONS WITHOUT INSTRUCTIONS FROM A PROVIDER.**

**If you take daily medication(s) outside of the medications listed above,** you may do so up until the day prior to the procedure. The morning of your procedure you may take any cardiac (heart), blood pressure medications, and/or seizure medications with a small sip of water.

**If you are taking any weight loss medications:** Please notify the provider if you are taking any of the following medications: phentermine (Adipex-P), lorcaserin (Belviq), phendimetrazine (Bontril). You will be provided instructions on how long to hold these prior to your procedure.

### **MiraLAX® Colonoscopy Prep Instructions**

**Before you begin your Colonoscopy prep, you will need to purchase the following (no prescription is needed):**

- One 64-ounce or two 32-ounce bottles of Gatorade®, Propel®, Crystal Light® or other noncarbonated clear liquid drink (no red, orange, or purple colors). If you have diabetes, you may use sugar-free Gatorade.
- Dulcolax® (bisacodyl) laxative tablets (not suppository or stool softener, you will need 4 tablets for the prep).
- MiraLAX® 238 grams (8.3 ounces) powder

**KEY INSTRUCTIONS:** Your doctor has scheduled you for a colonoscopy. To have a successful colonoscopy your colon must be clear of any stool. Follow ALL the instructions in this handout EXACTLY as they are written. If you do not follow the directions, your procedure may be canceled.

- Do NOT eat solid food the ENTIRE day before your colonoscopy.
- BUY your bowel preparation at least 5 days before your colonoscopy.
- Do NOT mix the solution until the day before your colonoscopy.
- A responsible family member or friend MUST drive you home from the procedure. You are NOT ALLOWED to drive, take a taxi, bus or car service, or leave after the procedure ALONE. If you do not have a responsible driver (family member or friend) with you to take you home, your exam cannot be done with sedation and may be canceled. You MUST remain in the endoscopy center until you recover from sedation. The entire process from arrival to discharge may take 3-4 hours.
- Please do not bring any jewelry or other valuable items to the endoscopy room for your procedure.
- Please bring a list of known allergies, current medications, a list of medical conditions and surgical history.

### **FIVE (5) DAYS BEFORE YOUR COLONOSCOPY:**

- Do NOT take products that contain iron -- such as multivitamins -- (the label lists what is in the products). Other common names for iron are ferrous sulfate, ferrous gluconate, ferrous fumarate, Femiron, or Niferex.
- Stop taking fiber supplements. Common names include as Metamucil®, Citrucel®, or Konsyl®.
- Avoid high-fiber foods such as:
  - Nuts, seeds (flax, sunflower, and quinoa), popcorn, beans, peas, raw salad, celery, and tomatoes. All other vegetables must be cooked (carrots, broccoli, cauliflower, potatoes without skin). Wheat germ, granola, cereal with visible grains/fruit. Bread with seeds or visible grains.
  - You may eat fruit, but skin and seeds need to be removed before eating.

### **ONE (1) DAY BEFORE YOUR COLONOSCOPY:**

- **Only drink clear liquids (anything that you can see through) the ENTIRE DAY before your colonoscopy (NO DAIRY).**
- **Do NOT eat any solid foods.**
- The clear liquids you can drink include: **(avoid anything colored red, orange, or purple)**
  - Water, apple, or white grape juice; fat free broth; coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade® or other sports drinks (not red, orange, or purple); Kool-Aid® or other flavored drinks (not red, orange, or purple).
  - You may eat plain Jell-O or other gelatins (not red, orange, or purple) or popsicles (not red, orange, or purple).
  - Do NOT drink alcohol on the day before or the day of the procedure.
- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT (UNLESS YOUR PROCEDURE IS AFTER 12 P.M. THE FOLLOWING DAY AND YOU WILL BE TAKING YOUR SECOND DOSE OF PREP). THIS INCLUDES GUM, MINTS, HARD CANDY, OR WATER.**

### **PREPARING YOUR BOWEL PREP THE DAY BEFORE YOUR COLONOSCOPY:**

- In a pitcher mix the 8.3 (238g) ounces of MiraLAX® with the 64 ounces of Gatorade®.
- Stir/shake the contents until the entire contents of MiraLAX® are completely dissolved.
- Chill if desired. **Do NOT add ice, sugar, or any other flavorings to the solution.**

**IF YOUR PROCEDURE IS BEFORE NOON (12 P.M.):**

- Take four Dulcolax tablets (all at once), between 1:00 and 3:00 p.m. the day prior to your scheduled procedure.
- Two hours after taking the Dulcolax tablets, start drinking the MiraLAX prep. This will take approximately 2-4 hours to drink. You may drink it faster if you prefer. If you become nauseated or having a feeling fullness, take a break for at least 30 minutes, and then resume the prep. You must drink the entire 64 ounces of Gatorade®.
- Continue drinking clear liquids of your choice after you finish the prep, as tolerated. Extra fluids will keep you hydrated and will continue to help cleanse your colon. Your prep is adequate if you are passing clear/yellow fluid without sediment.

**IF YOUR PROCEDURE IS AFTER NOON (12 P.M.):**

- Take four Dulcolax tablets (all at once), between 1:00 and 3:00 p.m. the day prior to your scheduled procedure.
- Two hours after taking the Dulcolax tablets, you will begin drinking the MiraLAX prep. You will drink a total of FOUR, 8 ounces glasses of the MiraLAX prep, 32 ounces total or half of the solution mixed. You will drink ONE glass every 20-30 minutes. This will take approximately 1-2 hours. Refrigerate the remaining 32 ounces of the MiraLAX prep. You will begin drinking the rest of the prep starting at 06:00 a.m. the morning of your procedure.
- If you become nauseated or having a feeling fullness, take a break for at least 30 minutes, and then resume the prep. You must drink the entire 64 ounces of Gatorade®.
- Continue drinking clear liquids of your choice after you finish the prep, as tolerated. Extra fluids will keep you hydrated and will continue to help cleanse your colon. Your prep is adequate if you are passing clear/yellow fluid without sediment.

**If you have any questions or concerns regarding the instructions or prep directions, please contact the office at 270-922-2500 prior to your procedure.**