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## **Retrograde Single Balloon Enteroscopy**

Patient: \_\_\_\_\_ Procedure Date: \_\_\_\_\_

Location: **Owensboro Health Regional Hospital**  
**1201 Pleasant Valley Road, Owensboro, KY 42303**  
Main Entrance-Parking Lot A. Take elevators to second floor.

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. **Please read the following directions prior to your procedure. If you have any questions or concerns about the instructions, please contact the office prior to your procedure.**

### **SHOPPING LIST**

**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.

☐ Four (4) Dulcolax® (bisacodyl) laxative tablets (not suppository or stool softener).

☐ 238 grams (8.3 ounces) MiraLAX® powder

- BUY your bowel preparation at least 5 days before your colonoscopy.
- Do NOT mix the solution until the day before your colonoscopy.

## **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.

## PREP SCHEDULE

5 days before procedure	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Stop taking fiber supplements like Metamucil®, Citrucel®, and Konsyl®.</li> <li>• Avoid high-fiber foods such as nuts, seeds (flax, sunflower, and quinoa), popcorn, beans, peas, raw salad, celery, and tomatoes.</li> <li>• Avoid wheat germ, granola, cereal with visible grains/fruit.</li> <li>• Avoid bread with seeds or visible grains.</li> <li>• You may eat fruit, but skin and seeds need to be removed before eating.</li> <li>• You may eat low-fiber vegetables (carrots, broccoli, cauliflower, potatoes without skin) but must be cooked.</li> </ul>
1 day before procedure	<ul style="list-style-type: none"> <li>• <b>Do NOT eat any solid foods.</b></li> <li>• <b>Only drink clear liquids (anything that you can see through) the ENTIRE DAY before your colonoscopy (NO DAIRY).</b> This includes: <ul style="list-style-type: none"> <li>○ 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).</li> <li>○ You may eat plain Jell-O or other gelatins (not red, orange, or purple) or popsicles (not red, orange, or purple).</li> <li>○ Do NOT drink alcohol on the day before or the day of the procedure.</li> </ul> </li> <li>• <b>Prepare your bowel prep the day before your procedure.</b></li> <li>• In a pitcher, mix 8.3 (238g) ounces of MiraLAX® with 64 ounces of Gatorade®.</li> <li>• Stir/shake the contents until the all the MiraLAX® is completely dissolved.</li> <li>• Chill if desired. <b>Do NOT add ice, sugar, or any other flavorings to the solution.</b></li> </ul>

	For procedures scheduled before noon	For procedures scheduled after noon
The day before procedure	<ul style="list-style-type: none"> <li>Take four Dulcolax tablets (all at once), between 1:00 and 3:00 pm.</li> <li>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®.</li> <li>Continue drinking clear liquids after you finish the prep, as tolerated, to stay hydrated and continue to help cleanse your colon. Your prep is adequate if you are passing clear/yellow fluid without sediment.</li> </ul>	<ul style="list-style-type: none"> <li>Take four Dulcolax tablets (all at once), between 1:00 and 3:00 pm.</li> <li>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.</li> <li>If you become nauseated or having a feeling fullness, take a break for at least 30 minutes, and then resume the prep.</li> <li>Refrigerate the remaining 32 ounces of the MiraLAX prep.</li> </ul>
Midnight before your procedure	<b>NOTHING TO EAT OR DRINK AFTER MIDNIGHT. THIS INCLUDES GUM, MINTS, HARD CANDY, WATER.</b>	<b>NOTHING TO EAT OR DRINK AFTER MIDNIGHT. THIS INCLUDES GUM, MINTS, HARD CANDY, WATER.</b>
Morning of procedure	<b>NOTHING TO EAT OR DRINK</b>	<ul style="list-style-type: none"> <li>At 6:00 am, begin drinking the rest of the prep. You must drink the entire 64 ounces of Gatorade®. Take a 30-minute break if you feel nauseous or full, and then resume the prep.</li> <li>Continue drinking clear liquids after you finish the prep, as tolerated, to stay hydrated and continue to help cleanse your colon. Your prep is adequate if you are passing clear/yellow fluid without sediment.</li> </ul> <p><b>Do not drink anything for the four hours prior to your procedure time.</b></p>