

# Procedure Prep / Bravo – Off Medication

The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep. DO NOT FOLLOW THE INSTRUCTIONS ON THE PREP BOX, USE INSTRUCTIONS BELOW.

If you have questions about your prep, please call our office or visit our website:

<https://www.gigeorgia.com/prep/>

You can reach your physician’s office at: **678.741.5000**

**Special Notes:** If you have major health problems or a pacemaker, you should discuss your health history with the anesthetist at the center. Please contact them as soon as possible by calling your assigned center.

2550 Windy Hill Rd., Suite 302, Marietta (770-226-9070) | 118 Mill St., Suite 100, Woodstock (678-819-4281)  
880 Crestmark Dr., Suite 102, Lithia Springs (678-388-2040)

7 days prior to procedure	3 days prior to procedure	24 Hours prior to procedure	Day of procedure
<p><b>Review your prep instructions thoroughly.</b></p> <p><b>Please review your medication for any blood thinners:</b> (Plavix, Arixtra, Aggrenox, Coumadin, Warfarin, Xarelto, Effient, Eliquis, Pradaxa, Pletal, Brilinta and others). Please stop these medications as previously instructed. If you have not received instructions on managing these medications contact our office immediately.</p> <p><b>STOP TAKING:</b></p> <ul style="list-style-type: none"> <li>• Iron Supplements and any multivitamin containing iron</li> <li>• Weight loss medications: Ozempic; Mounjaro; Wegovy; Trulicity; etc.</li> <li>• Stimulant Medications (ADHD): Adderall; Ritalin; Concerta; etc.</li> <li>• SGLT-2 Diabetes medications: Invokana; Farxiga; Jardiance; etc.</li> </ul> <p>These medications delay gastric emptying causing sedation risk.</p>	<p><b>STOP:</b> Taking H2R blockers such as Pepcid, Tagamet, Famotidine and Zantac.</p>	<p><b>NO SOLID FOOD CLEAR LIQUIDS* ONLY FOR THE ENTIRE DAY</b></p> <p>A Clear Liquid Diet* is necessary for this procedure. Please see below for Clear Liquid Diet Details, guidance, and tips.</p> <p><b>STOP:</b> Taking any over the counter antacids such as Maalox, Mylanta, Roloids, Tums, etc.</p> <p><b>Confirm arrangements with your driver.</b></p> <p><b><u>NO DRIVER means NO PROCEDURE</u></b></p> <p>If you are on long-acting insulin, take only a half dose the evening before your procedure.</p>	<p>You may consume clear liquids up to <b>3 hours</b> prior to procedure. See Clear Liquid Diet details below for guidance.</p> <p>NO SOLID FOOD, CHEWING GUM, HARD CANDY OR CHEWING TOBACCO until after your procedure.</p> <p><b>YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</b></p> <p>Do not take any insulin or diabetic medications the morning on your procedure, unless instructed by your provider.</p> <p>Take prescribed medications with a small sip of water (except for insulin and other diabetic medications) at least <b>3 hours</b> prior to your procedure.</p> <p>Use of illicit drugs, including marijuana/ THC, on the day of your procedure will result in cancellation and fees.</p>

**\*Clear Liquid Diet Details:**  
**NO DAIRY, NO RED, PURPLE, or ORANGE.**

**Approved**  
Sodas, coffee, tea  
Clear juices, fitness waters  
Chicken, vegetable, and beef broth  
Gelatin  
Popsicles without pulp

**Avoid**  
No milk/dairy  
No juices with pulp  
**NO RED PURPLE OR ORANGE.**



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Clear juices, fitness waters  
Chicken, vegetable, and beef broth  
Gelatin  
Popsicles without pulp

No milk/dairy  
No juices with pulp  
**NO RED PURPLE OR  
ORANGE.**



### PRIOR TO THE PROCEDURE

- Check out the short, animated Bravo instruction video at:
  - <https://www.youtube.com/watch?v=1p-WsNwiW4&feature=youtu.be>

### THE DAY OF THE PROCEDURE

- You are on a clear liquid diet up to 3 hours before your procedure
- **DO NOT have anything by mouth 3 hours prior to your procedure (this includes water, gum, candy, chewing tobacco, snuff or food items).**
- If you have been instructed to take Lovenox shots, do not take on the morning of your procedure, unless otherwise instructed.
- **EXCEPTION:** If there are prescribed medications that you **NEED** to take the morning of the procedure, please do so with a small sip of water **AT LEAST 3 hours prior** to your procedure. Do not take **anything** by mouth starting 3 hours prior to your procedure.
- **DIABETICS:** Do not take **ANY** insulin or oral diabetic medication the morning of your procedure, unless otherwise directed by your gastroenterologist.
- Use of illicit drugs including Marijuana/THC within 24 hours of procedure could result in cancellation.
- If you use an inhaler, bring it with you to your procedure.
- If you wear contacts, be prepared to remove them or wear glasses.
- Please do not wear jewelry (including body piercings) or wear lotion to the center.
- **DO NOT USE ILLICIT DRUGS, INCLUDING MARIJUANA/THC, ON THE DAY OF YOUR PROCEDURE. IF YOU DO, YOUR PROCEDURE WILL BE CANCELED, AND YOU WILL INCUR CANCELLATION FEES.**
- Plan to be at the facility for 3-4 hours.

This procedure requires sedation. Therefore, a driver (age 18 or over) must accompany you to your appointment. The person who is driving you home must remain at the facility while your procedure is being performed so that they are available to receive discharge instructions and pertinent medical information, as well as possibly assist you with dressing. You may not go home in a taxi, rideshare (Uber/Lyft), or take public transportation. The sedation you will receive will prevent you from driving safely or working the rest of the day of your procedure. Following your procedure, do not drive, operate heavy machinery or sign legal documents for 24 hours.

**NO DRIVER = NO PROCEDURE**

**If you have any questions or concerns about the preparation, please contact your procedure scheduling coordinator by calling 678.741.50000 or visit our website at <https://www.gigeorgia.com/prep/>**