

Double Balloon Enteroscopy (DBE) Transanal Preparation Instructions

You have been scheduled for a procedure that requires navigation through your large and small intestine. This test requires everyone to undergo preparation prior to this procedure. The large intestine, or colon, normally has debris throughout that requires cleansing prior to this examination. It is important to have a clean colon without debris for this examination. By the end of this preparation, you should be moving your bowels so that only clear-yellow to light yellow liquid is passing. If your colon is not properly cleansed, this examination may miss finding important things. *If the preparation is not good, you may be required to repeat the preparation and undergo the procedure again.*

7 Days Prior to Your Procedure

- Stop taking iron, multivitamins with iron, and any herbal supplements.

2 Days Prior to Your Procedure

- Please stop arthritis medications (such as Motrin, Aleve, Ibuprofen, Celebrex). It is okay to take Tylenol.
- Fill your prescription for solution (Trilyte, Nulytely, Golytely, etc.) at your pharmacy.
- Please purchase Dulcolax pill laxative (generic name is bisacodyl), it is over the counter.
- Avoid foods with seeds, nuts, uncooked veggies, lettuce, and red liquids.

1 Day Prior to Your Procedure

- Eat a light breakfast (toast, eggs, etc.) prior to 9:00AM. After 9:00AM, drink clear liquids only.
 - Examples include water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee, tea, and soft drinks.
- Drink at least 64oz of liquid prior to drinking the solution.
 - Remember that you have all day to drink liquids, you must be careful not to be dehydrated. The best fluids to drink are sports drinks. Please do **not** drink red-, blue-, or purple-colored liquids.
- Between 3:00PM and 5:00PM, take 4 Dulcolax (bisacodyl) pills.
- At 5:00PM, start drinking your solution. Drink one glass (8oz) every 15 minutes and stop when you have finished half the bottle (two liters or half gallon). Place the remaining solution back in the refrigerator for tomorrow.
 - If your procedure is scheduled before 10:00AM, you should continue to drink the rest of the solution this evening (rather than very early in the morning).
- Continue to drink clear liquids through the evening.

Day of Your Procedure

- Please take your regularly scheduled medications.
- 4 hours prior to your examination, drink the remaining solution as above.
- You may continue to drink clear liquids up until 2 hours prior to your examination.
- Arrive 1 hour before your scheduled time.
- You must have a driver with you. We prefer that your driver stay on the premises throughout your procedure. We also recommend that someone be with you at the time of discharge to hear the instructions that are given.

Questions?

Call our office during business hours (8:00am - 4:30pm) at 614-754-5500 or visit ohiogastro.com

- Bring your insurance card(s).
- If you haven't mailed them back to us, bring the completed patient information forms.
- Please leave valuables at home.

Helpful Hints:

- ✓ Try sucking on hard candy between each glass.
- ✓ Squeeze fresh lemon or lime juice in each glass. Some people bite into a lemon before drinking each glass. Drink the solution with a straw.
- ✓ If chilling, nausea, vomiting, or cramping occurs, stop drinking the solution for 30 minutes, then try again.
- ✓ If the rectal area becomes irritated, you can apply zinc oxide cream (Desitin) to the area as often as needed.
- ✓ Moist, flushable wipes (unscented or with aloe) are also available on grocery shelves. Use these instead of regular toilet tissue.

Special Instructions:

- Patients with heart defibrillators, please call our office as soon as possible to inform the scheduler or nurse that you have a defibrillator.
- Patients taking blood thinners (Coumadin, Plavix, Aspirin, Ticlid, etc.), please call our office as soon as possible and inform the scheduler or nurse that you are taking these medications. It may be necessary to stop these medications prior to your procedure.
- Patients with diabetes, please call your doctor and inform them you are undergoing this procedure.
 - Ask your doctor if your diabetic medicines need to be adjusted for the change in your diet (clear liquids the day prior).
 - Check your blood sugar frequently throughout the day when you are drinking your prep solution.
 - Check your blood sugar the day of the procedure prior to leaving home.

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