

Transanal Double Balloon Enteroscopy (DBE) Instructions

Put these instructions somewhere you can see them. Follow every step to get ready for your procedure. **By the end of your bowel prep, your stool should be a clear or yellow liquid.** If it is still brown, the doctor may not be able to see your colon clearly, and your procedure might need to be rescheduled. For more information, visit ohiogastro.com/transanal-dbe-preparation. Questions? Call (614) 754-5500 or visit ohiogastro.com. Call us with preparation questions instead of the hospital.

Special Instructions

- If you take a **GLP-1 medicine** (like Ozempic, Wegovy, Mounjaro, or similar), do NOT take it for 7 days before your procedure. Call us if you took any during this time.
- If you have a **heart defibrillator**, call us right away. Your procedure must be scheduled in a hospital.
- If you have **diabetes**, call your primary care doctor to ask if you need to adjust your diabetes medicine before and on the day of your procedure. Check your blood sugar often during this time.
- Do not use this MiraLAX preparation and call our office right away for another if you have:
 - **Chronic kidney disease**, are on **dialysis**, or are being **treated for kidney failure**,
 - **Moderate to severe congestive heart failure**,
 - **Any history of seizures or history of bowel obstruction**

Preparing for Your Procedure

- ☐ If your procedure is at the hospital, you may need to complete pre-admission testing (PAT). PAT may include blood work, a review of your medical history, a physical exam, and sometimes an EKG. If you have a **heart defibrillator or a central venous access device**, tell the staff during pre-admission testing. Our office or the hospital will call you with the date and time. You need to complete this testing between 30 days and 3 days before your procedure.

7 Days Before Your Procedure

- ☐ Buy these items:
 - Prescription for your 4 L PEG Prep Solution from your pharmacy
 - Laxative tablets (Bisacodyl) - at least 4 tablets
- ☐ Arrange for a responsible adult to take you to and from your procedure, sign you out, and care for you afterward. **This is required. If we cannot confirm your responsible adult when you arrive, we will not provide sedation and may reschedule your procedure. For your safety, taxi, Uber, or public transportation may only be used if your responsible adult is with you.**
- ☐ Plan to be at the facility for at least 4 hours.
- ☐ Stop taking iron (including medicines or multivitamins with iron), fiber supplements (like Metamucil, Benefiber, or Fibernure), and herbal supplements until after your procedure or otherwise instructed by your doctor.

Continue to the next page. →

Prep Instructions Continued

2 Days Before Your Procedure

- ☐ Stop taking arthritis medicine (like Motrin, Aleve, Ibuprofen, Celebrex) until after your procedure unless instructed otherwise by your doctor. It is okay to take Tylenol.
- ☐ Stop eating raw vegetables, lettuce, nuts, red liquids, and foods with small seeds or corn until after your procedure or otherwise instructed by your doctor.

Day Before Your Procedure

- ☐ Confirm your responsible adult will go with you to your procedure and care for you afterward.
- ☐ Mix your 4 L PEG Prep Solution following the product instructions and place in the refrigerator.
- ☐ **Before 9 a.m.** - Eat a light breakfast (like toast and eggs).
- ☐ **At 9 a.m. - Start a clear liquid diet.** Have only clear liquids all day (like water, chicken broth, apple juice, popsicles, Jell-O, coffee, or soda). DO NOT have alcohol, creamers, or anything red. DO NOT eat any solid food.
- ☐ **Starting at 9 a.m.** - Drink at least 8 fl oz of clear liquid every hour until 5 p.m. Sports drinks with electrolytes like Gatorade are recommended (any color except red).
- ☐ **Between 3 p.m. and 5 p.m.** - Take 4 laxative (Bisacodyl) tablets.
- ☐ **At 5 p.m.** - Drink 1 glass (8 fl oz) of the prep solution every 15 minutes until you finish half of it. Put the rest back in the fridge for tomorrow. Then keep drinking clear liquids to stay hydrated.
- ☐ If your procedure is scheduled before 10 a.m., you should continue to drink the rest of the solution this evening (rather than very early in the morning).

Continue to the next page. →

Prep Instructions Continued

Day of Your Procedure

- ☐ For your safety, we recommend you do not smoke or vape, use marijuana or illicit drugs, or chew tobacco.
- ☐ Keep drinking clear liquids (no red coloring, alcohol, or creamers) until these instructions tell you to stop. DO NOT eat any solid food.
- ☐ Patients meeting our policy requirements must take a urine pregnancy test before procedures.
- ☐ **6 hours before your arrival time** - Take the rest of your Prep Solution by drinking 1 glass (8 fl oz) of it every 15 minutes until it is gone. **You must finish the rest of your Prep Solution at least 4 hours before arrival time.**
- ☐ **4 hours before arrival time** - Take your regular medicines with small sips of water.
- ☐ **4 hours before arrival time - STOP drinking water and clear liquids. DO NOT have anything by mouth before your arrival time. DO NOT eat, drink, chew gum, suck on hard candy, or use lozenges. If you do, your procedure will be delayed or canceled.**
- ☐ **1 hour before procedure time** - Arrive at registration where you will have your procedure so we can get you ready. Bring your insurance card, a photo ID, and a list of your medicines. Leave valuables at home (like cash, watch, and jewelry). Do not wear contact lenses.



Get more info at
ohiogastro.com/transanal-dbe-preparation