

Transoral Double Balloon Enteroscopy (DBE) Instructions



Put these instructions somewhere you can see them. Follow every step to get ready for your procedure. For more information, visit ohiogastro.com/transoral-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 take **blood thinner medicine**, call us right away. We may ask you to stop taking these medicines before your procedure with approval from the doctor who prescribed them.
- 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.
- If you take **arthritis or anti-inflammatory medicine** stop taking them 48 hours (2 days) before your procedure. These medicines include Motrin, Advil, Nuprin, Ibuprofen, Aleve, Naproxyn, Voltaren, Feldene, and Clinoril. You may take Tylenol. Contact the doctor who prescribed your medicine for exact instructions.

Preparing for Your Procedure

- ☐ 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.
- ☐ 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.

Flip to continue. →

Prep Instructions Continued

Day Before Your Procedure

- ☐ Confirm your responsible adult will go with you to your procedure and care for you afterward.
- ☐ **11:59 p.m. - Start a clear liquid diet.** You can have clear liquids until 6 hours before your arrival (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.

Day of Your Procedure

- ☐ For your safety, we recommend you do not smoke or vape, use marijuana or illicit drugs, or chew tobacco.
- ☐ **6 hours before arrival time** - Take your regular medicines with small sips of water.
- ☐ **6 hours before arrival time - STOP drinking water and clear liquids. DO NOT have anything by mouth before your procedure. DO NOT eat, drink, chew gum, suck on hard candy, or use lozenges. If you do, your procedure will be delayed or canceled.**
- ☐ Patients meeting our policy requirements must take a urine pregnancy test before procedures.
- ☐ **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/transoral-dbe-preparation