## SUMMIT DIGESTIVE & LIVER DISEASE SPECIALISTS

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***BOWEL PREPARATION FOR HEMORRHOID BANDING***

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**FIVE DAYS BEFORE YOUR PROCEDURE:**

* Aim to have a light, low fiber diet (50% less of what you regularly eat) to reduce stool production
* Avoid nuts, lettuce, fruits and vegetables with seeds and popcorn
* Stop taking iron supplements and NSAIDs (Ibuprofen, Advil, Motrin, Aleve, Naproxen)

### THE DAY BEFORE YOUR PROCEDURE: Follow a clear liquid diet ALL day long (NO SOLID FOOD):

### Drink 8 oz (1 cup) of clear liquids every hour while awake

* + Water (Plain, carbonated or flavored)
  + Fruit juice without pulp (Apple juice or white grape juice)
  + Lemonade or clear colored soda (Sprite, 7-up)
  + Black coffee or tea (DO NOT ADD ANY MILK OR CREAM)
  + Sports drinks such as Gatorade, Powerade, etc (NO RED OR PURPLE)
  + Clear, fat-free broth (Chicken, beef or vegetable)
  + Popsicles without ANY milk, fruit bits, seeds, nuts (NO RED OR PURPLE)

### Prep Medications:

– 6:00PM the day before your procedure: Take 4 tablets of Dulcolax followed by 2 8oz cups of any clear liquid

– 6 hours before your procedure time: Take 2 capfuls (120 mL) of Milk of Magnesia followed by 2 8oz cups of any clear liquid

# \*\*IMPORTANT: YOU NEED TO STOP DRINKING LIQUIDS 6 HOURS BEFORE YOUR PROCEDURE TIME!\*\*

\*\***IMPORTANT: ASK A FRIEND OR RELATIVE TO DRIVE AND ASSIST YOU HOME AFTER THE PROCEDURE. YOU CANNOT TAKE AN UBER OR TAXI HOME ALONE!\*\***

### DIABETIC PATIENTS:

* If you are taking an oral hypoglycemic: **DO NOT** take it the day before and of your procedure.
* If you are taking **insulin, please take half** of your prescribed AM insulin dose the day before the procedure and **skip your night time insulin dose**.

### MEDICATION INSTRUCTIONS:

* **You will need to stop the medications listed below 5 days before the procedure:**

Anticoagulants/blood thinners: Coumadin/Warfarin, Apixaban/Eliquis, Plavix/Clopidogrel, Rivaroxaban/Xarelto, Ticagrelor/Brilinta, Prasugrel/Effient**.** Consult your prescribing doctor before stopping this medication.

* **You may take your regular medication unless instructed otherwise.**

**If you have any questions please contact our office at 630-889-9889**