

**IF THE APPOINTMENT IS NOT CONFIRMED 7 DAYS PRIOR TO THE SCHEDULED DATE,
YOUR APPOINTMENT WILL BE CANCELED.**

You will then be responsible for contacting the office to reschedule your procedure.

Athens Digestive Healthcare Associates

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GALLON PREPARATION INSTRUCTIONS

Follow these instructions, NOT the instructions on the prep package.

*You **HAVE TO** have a driver accompany you to your procedure, **Your driver shouldn't leave the office during your procedure and will escort you home safely.** THERE IS NO UBER, THERE IS NO LYFT, THERE IS NO TAXI, THERE IS NO DROP OFF. IF SO, YOU WILL NEED TO RESCHEDULE.*

THE DAY BEFORE THE PROCEDURE: DIET OF CLEAR LIQUIDS ALL DAY. You can have black coffee, tea, apple juice, white grape juice, Gatorade, jello, and popsicles. Do not eat nuts/seeds for 7 days before your procedure.

NO SOLID FOODS, NO NUTS/SEEDS, ANYTHING RED OR PURPLE, NO MILK OR DAIRY PRODUCTS, NO ALCOHOL.

PLEASE DRINK A LOT OF WATER THE DAY BEFORE YOUR PROCEDURE; You can substitute it with gatorade (not red or purple). Stay hydrated.

Day Before Procedure:

- 10:00 a.m.: Mix flavor packet, powder and water in a bottle. Shake well. Put the bottle in the refrigerator and let the solution cool. Make the solution as cold as possible.
- 4:00pm: Start taking the solution. Take 8 oz every 15 to 20 minutes until the solution is gone.
- ***Drink lots of water before sleeping.***

NOTHING TO EAT OR DRINK THE MORNING BEFORE YOUR PROCEDURE!

You can take your medications with just a sip of water, enough to swallow your pill. **DO NOT TAKE ANY BLOOD THINNERS, OR ACID REFLUX (IF YOU ALSO HAVE AN EGD) OR DIABETIC MEDICATIONS.** You may continue taking your blood pressure medications the morning of your procedure.

We will check your sugar levels and give you something if your level is too low. **NO** Drink juices or anything sweet that can raise your sugar level.

Date and time: _____