**POEM PREP INSTRUCTIONS**

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| **Name**: | **Check-In Time**: |
| **Appointment date**: | **Appointment time**: |
| **Location**: |  |

* For questions, contact the Digestive Diseases Clinic at 214-645-0595 from 8 am to 5 pm Monday to Friday. After 5 pm, you will reach the on-call physician at 214-645-0595.
* Bring your insurance card and a picture ID, leave all other valuables home, and expect the procedure to take about 3 to 4 hours.
* Children under 12 are not allowed in the waiting room. Please make other childcare arrangements.
* You **MUST** have a responsible adult to take you home. We cannot let you leave on your own or in hired transportation (such as a cab or a ride-hailing service). Your responsible party will be notified in the waiting area or called when you are ready to leave.
* If you have diabetes and taking insulin, please call your prescribing physician for instructions.
* Please inform our office at least **14 days** before your procedure date if you are taking any of the following **blood thinners**: warfarin (Coumadin), clopidogrel (Plavix), prasugrel (Effient), dipyrida-asa (Aggrenox), dipyridamole (Persantine), ticagrelor (Brillinta), cilostazol (Pletal), ticlopidine (Ticlid), pentoxifylline (Trental), anagrelide (Agrylin), edoxaban (Savaysa), fondaparinux (Arixtra), dabigatran (Pradaxa), betrixaban (Bevyxxa). You may require further instructions.
* If you are taking **weight loss medications**, please **HOLD** them as noted below:
  + 7 days before the procedure: Adipex, Lomira, Qsymia (combo with topiramate), Belviq
  + 3 days before the procedure: Bontril, Melfiat, Plenity
  + The morning of the procedure: Vyvanse
* You will receive a call from the pre-surgery testing nurse approximately 5 - 7 days before your procedure. If you pass their pre-screen and have been fully vaccinated, you will not be required to take a COVID-19 test.
* If you do not pass the screen or have not been fully vaccinated, then a COVID-19 test will be required 48 - 72 hours before your procedure.
* HOLD any NSAIDs, such as ibuprofen (Advil, Motrin), naproxen (Aleve), and over-the-counter herbs or supplements for **7 days** before the procedure to reduce the risk of bleeding.
* HOLD ferrous sulfate (iron supplement) or any multivitamin containing iron for **5 days** before your procedure.
* HOLD Imodium, and any anti-diarrheal meds, for **2 days** before your procedure.
* You **may drink only 20 ounces of clear liquids** (strained fruit juices without pulp, broth, water, Gatorade, Popsicles, Jell-O, coffee, or tea with no creamer) the morning of your procedure.

**7 days before** **the procedure date start full liquid diet**

Below is what a full liquid diet consists of:

* + Water
  + Fruit juices, including nectars and juices with pulp
  + Butter, margarine, oil, cream, custard, and pudding
  + Plain ice cream, frozen yogurt, and sherbet
  + Fruit ices and popsicles
  + Sugar, honey, and syrups
  + Soup broth (bouillon, consommé, and strained cream soups, but no solids)
  + Sodas, such as ginger ale and Sprite
  + Gelatin (Jell-O)
  + Boost, Ensure, Resource, and other liquid supplements
  + Tea or coffee with cream or milk and sugar or honey

**2 days prior to procedure start clear liquids diet**

* + Plain water
  + Fruit juices WITHOUT pulp, such as grape juice, filtered apple juice, and cranberry juice
  + Soup broth (bouillon or consommé)
  + Clear sodas, such as ginger ale and Sprite
  + Gelatin
  + Popsicles that do not have bits of fruit, fruit pulp, or yogurt in them
  + Tea or coffee with NO cream or milk added
  + Sports drinks that don't have color
  + Nystatin 500,000 units Liquid 4 times a day for 7 days prior to procedure. Take 5 cc (1 Tsp) by mouth four times a day for the 7 days leading up to the procedure.

**POST POEM**

* + You will be admitted for overnight observation
  + Clear liquid diet for 10 days after the procedure, then full liquid diet for 10 days and then a soft mechanical diet for 10 days.
  + Avoid ASA, NSAIDs for 4 weeks post procedure.
  + You will be prescribed medications depending on your condition