



## **INTERSTIM PREPARATION**

**+++ Please complete a 7 day bowel habits diary prior to procedure (this will be given to you in office)**

### **EVENING BEFORE YOUR PROCEDURE:**

DO NOT EAT ANYTHING AFTER 10 PM. Follow **clear liquid diet** instructions.

- Things you can drink: water, black coffee, tea, apple juice, white grape juice, soda, Jell- O, popsicles, broth, and Gatorade or other sport drinks.
- **DO NOT** drink milk or creamer of any kind.
- **DO NOT** drink anything colored red or purple.
- **DO NOT** drink alcohol.

### **DAY OF PROCEDURE:**

- **DO NOT** eat prior to procedure.
- **DO NOT** use chewing tobacco or smoke 6 hours prior to procedure.
- **DO NOT** chew gum, mints, etc. 2 hours prior to procedure time.

You may have clear liquids until 2 hours before your procedure time. **DO NOT DRINK ANYTHING 2 HOURS PRIOR TO PROCEDURE.**

### **Important:**

**You are required to have a driver** take you home after the procedure. Arranged transportation will be verified at check in.

**Continue taking your prescribed medications**, unless you are on a blood thinner and have been told to hold these medications by our office.

***Please notify your doctor at least two weeks before the procedure if you take Warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.***

**If you are taking one of the following:** (Ozempic, Byetta, Byureon, Victoza, Tanzeum, Trulicity, Lixumia, Rybelsus, Wegovy, Fu Laimel, Mounjaro, Exenatide, Liraglutide, Albiglutide, Dulaglutide, Lixisenatide, Beinaglutide, Semaglutide, PEG-loxenatide, Tirzepatide see directions below.

- Daily dose- hold on the day of procedure.
- Weekly dose- hold for 7 days prior to procedure.

Please call our prep line directly for questions related to prep instructions 775-433-0480.

### **Procedure Location:**

**5250 Kietzke Lane  
Reno, NV 89511**