

## BARRX-HALO INSTRUCTIONS



# Gastroenterology Consultants

a family of healing partners  
A Division of Heartland Clinic, LLC

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## PREPARATION

- Please take your morning dose of blood pressure, heart, and/or seizure medication.
- **NOTHING** to drink 2 hours before your appointment time.
- You may have solid foods until 8 hours before your appointment time.
- You may have clear liquids until 2 hours before your appointment time.  
Clear liquids include:
  - Water
  - Tea or Coffee with sugar but no milk or cream
  - Plain chicken broth, beef broth, or bouillon
  - Clear fruit juices such as: apple, cranberry, grape, powdered lemonade, Kool-Aid, and soda pop (including cola drinks)
  - Popsicles of any color
  - Clear gelatin is okay, but no red
  - **NO** orange juice

## QUESTIONS? Call:

**Procedure Scheduling**  
**309-277-1129**  
**(Mon–Fri 8am–5pm)**

## Aspirin

- Please **STOP** taking aspirin for 5 days prior to your appointment.

## Pradaxa

- Please **STOP** taking Pradaxa 36 hours prior to your appointment.

## Diabetics

- Morning procedure: Do not take your morning dose of diabetes medicine.
- Afternoon procedure: **TAKE HALF OF YOUR MORNING DOSE** of diabetes medicine.
- Bring your glucose meter with you to your procedure.
- Test your blood glucose regularly throughout the day of your prep and test.

## Asthma or Breathing Problems

- Bring your inhalers with you to your procedure.