

Gastroenterologists:

Robert P. Albares, M.D.

Samuel J. Tarwater, M.D., FACG

Travis J. Rutland, M.D., FACG

Marc L. Clark, M.D.

Paul B. Lamb, M.D.



**Digestive Health
Specialists**

OF THE SOUTHEAST

Gastroenterologists:

S. Andrew Sarrels, M.D.

Tyler P. Black, M.D.

George A. Nelson, IV M.D.

Adam L. Edwards, M.D.

Benjamin A. Hewitt, M.D.

Pathologist:

Beth M. Rutland, M.D.

GENERAL INSTRUCTIONS FOR ALL PROCEDURES

1. Please be prepared to be at the Center for Digestive Health or the hospital for up to 6 hours the day of your procedure. Frequently, this time will be less, but please make arrangements to potentially allow 6 hours.
2. You are **REQUIRED** to have someone accompany you to your procedure and be available to drive you home. **WE WILL NOT DO A PROCEDURE THAT INVOLVES ANESTHESIA WITHOUT A RESPONSIBLE DRIVER. NO EXCEPTIONS.**
3. Please leave ALL jewelry and valuables at home.

4. **Please read Prep instructions given or sent to you by our office a WEEK before your procedure to ensure you can follow them.** The Prep is crucial to a successful examination. Please purchase your prep at least 5 days before your procedure. (Call our office if there are any issues with prep, prep instructions, or medications 334-836-1212. To reschedule call 334-810-1036.)

5. If you are taking blood thinners (Coumadin, Warfarin, Plavix, Xarelto, Eliquis, Aggrenox, etc.) and have not received specific instructions regarding holding these medications, please call our office at 334-836-1212.

6. If you take Aspirin, you may continue to do so. **DO NOT HOLD ASPIRIN.**

7. Please take your heart, blood pressure, seizure or thyroid medication the morning of your procedure with a sip of water.

8. **If you are taking any of the following GLP-1 medications, please stop taking seven (7) days prior to your procedure.**

Mounjaro	Semaglutide	Terzepatide	Saxenda	Ozempic
Trulicity	Victoza		Rybelsus	Exanatide
Adlyxin	Wegovy		Byetta	Zepbound

9. Please bring an updated, complete list of all your medications with you the day of your procedure.

10. The day of your procedure, please register at the front desk of the Center for Digestive Health, or at outpatient registration if your procedure is at the hospital. Please arrive AT your scheduled time. There is no need to be 30 minutes to an hour early.

11. If you have plans to travel outside the US or to a remote area within 2 weeks after your procedure, you should contact our office prior to having or prepping for the procedure.

NOTHING BY MOUTH AT LEAST 4 HOURS PRIOR TO YOUR PROCEDURE. THIS INCLUDES CHEWING GUM, MINTS, COUGH DROPS, AND ANY TOBACCO PRODUCTS.

May-25