
Halo-Ablation GI Solutions of Illinois

Date of Procedure: ____/____/____

Time: ____AM/PM

Please arrive at Specialty Services (Entrance 4) one hour before your scheduled procedure time.

Report at: ____AM/PM

Do not eat or drink anything after midnight, including water, medications, chewing gum, or candy. The only exception is blood pressure and heart medications, which may be taken with a small sip of water by 7:00 AM on the morning of your procedure.

Medications – What You Need to Know Before Your Procedure

- **PPI Medications:** If you're taking a PPI (like Aciphex, Protonix, or Nexium, etc), increase your dose to **two tablets per day** starting **one week before your procedure**.
- If you're taking **Zegrid or Dexilant**, **do not increase your dose**—continue with one tablet per day.
- **Stop taking Aspirin or any blood thinners** (unless told otherwise) **3 days before** your procedure.
- **Stop taking Coumadin 5 days before** your procedure.
- You may **take blood pressure and heart medications** until **7:00 AM on the morning of the procedure**, with a small sip of water.
- You may take **all other medications** until **midnight** the night before your procedure.
- If you take **Coumadin or Warfarin**, you must get a **bleeding profile (blood test)** done **the day before or the morning of the procedure**.
- If you have **diabetes and use insulin**, talk to your **primary care doctor** to adjust your dosage before the procedure.

Post-Procedure Instructions

- **Day 1 (right after your procedure):** Have only clear liquids (like water, broth, clear juices, or tea).
- **Day 2:** You can have full liquids (like milk, soup, smoothies, or pudding).
- **Day 3:** Start with soft foods (like mashed potatoes, eggs, or oatmeal) and slowly return to your regular diet.

Your doctor will tell you if you need to make any changes to your medications after the procedure.

Female patients who still get their period (not post-menopausal) will need to provide a urine sample before the procedure.

Because you will be receiving IV anesthesia during the procedure, you may not drive yourself home. **YOU MUST ARRANGE FOR A RESPONSIBLE ADULT OVER THE AGE OF 18 WHO YOU KNOW TO ACCOMPANY YOU AND DRIVE YOU HOME.** This cannot be a taxi or rideshare.

Dr. Erlich will advise you to make an office appointment in 3 days to follow-up for the results. If you are instructed to call for the results, please call 773-631-2728.

Please do not wear jewelry or nail polish/acrylic nails for your procedure(s).

