

**INDIANA UNIVERSITY HEALTH**

**GI MOTILITY CENTER**

**UPPER ENTEROSCOPY AND ASPIRATION**

**TO DETECT SMALL INTESTINAL BACTERIAL OVERGROWTH (SIBO)**

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|  | **PROCEDURE CHECK LIST** |
| **PREPARATION BEFORE TEST** | * No colon cleansing prep for 1 month before test.
* No antibiotics or probiotics for 1 month before test.
* No laxatives, stool softeners or fiber supplements for 1 week before test.
* Stop prokinetic medications for 48 hours before test, such as metoclopramide [Reglan], domperidone [Motilium], erythromycin, azithromycin.
* Avoid pastas and high carbohydrate meals for 48 hours before test.
* You can eat white bread, white rice, potatoes, baked or broiled fish or chicken, water, coffee, and tea for 48 hrs before test.
* Fast for at least 12 hours before test.
* You may continue your proton pump inhibitor medications, such as Prilosec (omeprazole), Nexium (esomeprazole), Aciphex (rabeprazole), Prevacid (lansoprazole), Protonix (pantoprazole), Zegerid (immediate release omeprazole) or Dexilant (dexlansoprazole).
* If you have gastroparesis (delayed stomach emptying), you need to stay on a full liquid diet for 2 days before test to avoid residual foods in your stomach during endoscopy.
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