

## BASIC COLONOSCOPY PREP INSTRUCTIONS

PREP INSTRUCTIONS - Please READ and FOLLOW CAREFULLY!

### **ATTENTION!**

### **READ ALL THIS INFORMATION NOW!**

You may **NOT** drink anything 4 hours prior to procedure.

Please contact us immediately, or at least two days in advance, at (855) 444-2778 OR (855)IGH-APPT IF YOU NEED TO CANCEL OR RESCHEDULE an appointment.

Name:

Appointment Date:

Arrival Time:

Doctor:

Location:

**For your safety, all body piercings, including earrings and any metal jewelry must be removed before your procedure.**

Please fill out the health history form on the IGH Patient Portal upon initial log in. If you need access to the patient portal, please call the office.

**SEDATION:** YOU MAY NOT LEGALLY DRIVE AFTER BEING SEDATED. YOU MUST HAVE A RESPONSIBLE ADULT (18+) TO DRIVE YOU HOME. WE CANNOT RELEASE YOU TO YOURSELF OR TO A STRANGER SUCH AS A TAXI DRIVER OR DRIVER SERVICE. We ask that this person **REMAIN IN THE WAITING ROOM** if at all possible. Thank you for your cooperation.

**INSURANCE:** It is the patient's responsibility to bring his/her insurance card, notify us of any insurance changes & obtain referrals if required.

**BOWEL PREP:** **DO NOT** take additional laxatives without physician approval. (When you have completed your prep, your liquid bowel movements may be lightly colored yellow or green - this is not unusual and no cause for concern.)

**PLEASE PICK UP YOUR PREP WITHIN 10 DAYS OF SCHEDULING OR RISK THE PHARMACY RESHELVING YOUR PRESCRIPTION.**

We will make every effort to keep your appointment; however, it is sometimes necessary to make adjustments to the schedule. Emergencies and unexpected medical findings may cause your physician to run late. We will make every effort to keep you informed while you are here. Your cooperation is appreciated.

- If you have any questions or concerns, please call our office at (855)444-2778.

### **Health Conditions:**

*If you have the following condition, please read and follow these instructions:*

### **Diabetes:**

- Call the doctor who manages your diabetes.
- Tell them you are having a colonoscopy and will be on a clear liquid diet the day before the colonoscopy.
- Ask how you should take your diabetic medication. Since you will be on a restricted diet, your diabetic medication may need to be adjusted.
- Please check your blood sugar at home, if you have the equipment to do so, and bring the results with you.

### **Medications:**

**COUMADIN/WARFARIN patients:** If you have not previously informed us that you are taking this medication, PLEASE CALL OUR OFFICE IMMEDIATELY to alert our scheduling staff.

**OTHER BLOOD THINNING MEDICATIONS:** If you take Plavix, Persantine, Pletal, Arixtra, Heparin, Aggrenox, Ticlid, Lovenox, Xarelto, Brilinta, Eliquis, Pradaxa, or Effient, and have not previously informed us, PLEASE CALL OUR OFFICE.

**WEIGHT LOSS MEDICATIONS:** Patients taking Adipex (Phentermine) will need to stop 5 days prior to procedure. If you do not stop this medication, your procedure will be subject to cancellation.

**Daily medication:** Prescribed medications (i.e. blood pressure, heart or breathing medicine) should be taken as usual on the day of the procedure with a sip of water. Other medication may be resumed after your procedure. If you use a rescue inhaler for a breathing condition, please bring it with you.

**After your procedure:** Your physician will speak with you after your procedure. You may not remember this because of the sedation you will have received. With your permission, your family or friend responsible for signing you out may be in the recovery room with you. You will be given printed instructions about resuming your activities and any follow-up care your physician recommends.

## **MIRALAX & GATORADE BOWEL PREP**

You will need to purchase **one** 510 Gram size of Miralax powder and **two** 32 oz. bottles of Gatorade (no red or purple). You **MUST** use Gatorade or Powerade to avoid causing a chemical imbalance from your prep, which can occur if you substitute any other liquid such as water, juice or soda. Generic for Miralax is acceptable.

### **On the day BEFORE your procedure:**

- **NO SOLID FOOD OR DAIRY PRODUCTS ALL DAY.**
- DRINK **ONLY** CLEAR LIQUID FOR BREAKFAST, LUNCH AND SUPPER. You may have as much CLEAR LIQUID as you like.

### **Clear liquid diet suggestions:**

- Water
- Coffee and Tea without dairy products
- Popsicles (no red or purple)
- Clear fruit juice without pulp
- Apple juice, white grape juice
- Gatorade or Powerade
- Jell-O (no red or purple)
- Carbonated beverages, i.e. Sprite, Coca Cola, and Pepsi, etc.
- Clear broth or bouillon
- **NO RED OR PURPLE COLORED LIQUIDS**
- **NO DAIRY PRODUCTS**
- **NO ALCOHOLIC BEVERAGES**
- **NO MARIJUANA USE OF ANY KIND 6 HOURS PRIOR TO ARRIVAL TIME**

### **Follow THESE instructions for drinking the prep:**

1. At **5 p.m.** begin drinking the prep.
2. Pour 32 oz Gatorade into a mixing container or pitcher.
3. Mix 12 capfuls (fill to line on cap) of Miralax powder into container.
4. Stir or shake well to dissolve. You may prepare and chill the prep ahead of time, but **no more than 24 hours before time to drink it.**

5. Using a straw to drink the prep may be helpful if the taste is bothersome.
6. Drink an additional 32 oz. of clear liquids and take 250 mg of Simethicone (Gas X, Equate).
- **If you experience nausea or vomiting, STOP drinking the prep and rest for 1 hour. Resume drinking the prep at a slower rate.**
- Remain close to the restroom facilities. Bloating may occur, but should be resolved once you start having bowel movements. Be sure to continue drinking clear liquids to avoid dehydration.

**On the day of your procedure:**

1. Remember **NO** solid food or dairy products.
2. **6 hours** before your arrival, at \_\_\_\_\_, begin drinking the second part of the prep.
3. Pour 32 oz Gatroade into a mixing container or pitcher.
4. Mix 12 capfuls (fill to line on cap) of Miralax powder into container.
5. Stir or shake well to dissolve. You may prepare and chill the prep ahead of time, but **no more than 24 hours before time to drink it.**
6. Using a straw to drink the prep may be helpful if the taste is bothersome.
7. Drink an additional 32 oz. of clear liquids and take 250 mg of Simethicone.
8. You must be done drinking all liquids to include the prep **4 hours before your procedure.**
- **STOP DRINKING 4 HOURS BEFORE PROCEDURE. DO NOT DRINK ANYTHING MORE,** with the exception of your daily heart, blood pressure or breathing medications. These should be taken as you normally would with a sip of water.