







Gastroenterology Associates

Gastroenterology and Hepatology

www.gastroassociates.org

COLONOSCOPY EGD(Gastrosocopy)/COLONOSCOPY PREPARATION INSTRUCTIONS 2 Day - Magnesium Citrate with Split Dose MiraLAX and Bisacodyl

Appointment Day: _____ Date: _____ Arrival Time: _____ am/pm Doctor: _____

| 7 Days Before | 3 Days Before | 2 Days Before | Day Before | Day of Procedure |
|---|--|--|--|--|
| <p>Do NOT take this prep if you are age 65 or over or have: Congestive Heart Failure, Kidney Insufficiency, Kidney Failure or take medication for diabetes. Call our office for further instruction.</p> <ol style="list-style-type: none"> Regarding Aspirin: If you are on aspirin due to a heart problem, previous TIA, stroke, heart attack, blood clots (lung or leg) or other vascular problem, do NOT stop aspirin. If you are on aspirin for arthritis or simply as a general recommendation, do STOP it for this procedure. Tylenol and Acetaminophen are okay to take. Stop iron and multi-vitamins with iron for this procedure. At your pharmacy buy the following over-the counter: <ul style="list-style-type: none"> • Magnesium Citrate oral solution, 10 oz. (no red) • MiraLAX (238 grams) and MiraLAX (119 grams)  • 2 Generic Bisacodyl tablets (5 mg each tablet). There are several brands of Bisacodyl available. If you are not sure, ask the pharmacist for help. • 64 oz and 32 oz Gatorade™ (no purple or red color) Read this entire instruction sheet (front and back). Read complete packet of materials included with this handout. | <ol style="list-style-type: none"> Stop arthritis pills and anti-inflammatories such as: Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Relafen. If you take Prednisone, do NOT stop it, unless otherwise directed. Stop supplemental fiber such as: Metamucil, Citrucel, and Benefiber. Stop eating berries, nuts and seeds. Remember to pre-pay per benefit letter or telephone call. Confirm with driver <div style="text-align: center;">  <p>No Driver = No Sedation</p> </div> | <ol style="list-style-type: none"> Before 10:00 am: Have a light breakfast. This will be your last solid food until after your procedure. Then, No solid food, No dairy, No juice with pulp, No alcohol until after the procedure. Drink at least 8 glasses of clear liquids* (see back page), during the day and evening, in addition to the preparation, to stay hydrated: <div style="text-align: center;">  <p>Mark off each time you drink an 8 oz glass</p> </div> Have a clear liquid lunch and dinner. At 4:00 pm drink 10 oz of Magnesium Citrate to help stimulate bowel movements. | <ol style="list-style-type: none"> To stay hydrated, drink at least 8 glasses of clear liquids, during the day and evening, in addition to the liquid preparation. Include two 8 oz servings of salty beef, chicken, or vegetable broth (not low sodium or salt-free variety). At 12:00 noon take 2 Bisacodyl tablets. Between 3:00 and 6:00 pm mix 238 grams of MiraLAX with 64 oz Gatorade™ until dissolved. Drink 8 oz every 20-30 minutes until the entire 64 oz is gone. If you get nauseated while drinking, stop for 1 hour, walk around, and then start again at a slower pace. <div style="text-align: center;">  </div> If you are on Lovenox injections, stop 12 hours before your appointment. | <div style="border: 1px solid black; padding: 5px;"> <input type="checkbox"/> Arrival Time <i>before</i> 11:00 am: At 3:00 am mix 119 grams of MiraLAX in 32 oz Gatorade™ until dissolved. Drink 8 oz every 20-30 minutes until the entire bottle is gone.  Finish no later than 5:00 am. </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <input type="checkbox"/> Arrival Time <i>after</i> 11:00 am: At 7:00 am mix 119 grams of MiraLAX in 32 oz Gatorade™ until dissolved. Drink 8 oz every 20-30 minutes until the entire bottle is gone.  Finish no later than 9:00 am. </div> <ol style="list-style-type: none"> You may drink clear liquids until four hours before your appointment, then STOP. MEDICATIONS TO STOP: <ul style="list-style-type: none"> • Do NOT take any diabetes medication after midnight the day of your exam MEDICATIONS TO TAKE: (with a sip of water) <ul style="list-style-type: none"> • Do take prescription blood pressure, heart, lung, seizure, (narcotic) pain and psychiatric medications Wear comfortable clothing and socks to keep your feet warm. Do not wear jewelry, tight belts, pantyhose, cologne or perfume. Leave money and other valuables at home. Bring insurance card(s), co-pay (if required) and driver's license or photo ID. |
| <p>Special Instructions: Hold the following medications as indicated ONLY IF CHECKED BELOW:</p> <input type="checkbox"/> Antiplatelet agents such as: Dipyridamole (Aggrenox, Persantine), Clopidogrel (Plavix), Prasugrel (Effient): <i>Hold for _____ days before procedure</i> <input type="checkbox"/> Blood thinners such as: Warfarin (Coumadin), Pradaxa: <i>Hold for _____ days before procedure</i> <i>You will be given written instructions about restarting this medication after your procedure. Call our office if you don't receive those.</i> | | | | |

If you have questions call (360) 413-8250 *Read back of this form *****

Location, Tips and Other Information

Your procedure is scheduled at:

- Gastroenterology Associates Endoscopy Center (360) 413-8250**
Memorial Medical Plaza, **Suite 150 (1st Floor**, turn left inside Main Entrance)
500 Lilly Road N.E., Suite 150, Olympia, WA 98506
- Providence St. Peter Hospital Endoscopy Center (360) 413-8250**
413 Lilly Road N.E., Olympia, WA 98506 (Admission Desk in Main Lobby)
- Mason General Hospital (360) 427-2733**
901 Mountain View Drive, Shelton, WA 98584 (Front Desk in Main Lobby)

Your Prep is the Key to a Successful Colonoscopy:

The colon must be completely clean of waste material prior to your procedure. Follow these preparation instructions very carefully, as any remaining stool can obscure visualization of the lining of the colon which will interfere with our ability to provide you with a complete examination and could necessitate rescheduling of the procedure.

In Planning Your Procedure, Have You Told Us If You:

- Could be pregnant. If you arrive for procedure possibly pregnant, your procedure may be rescheduled.
- Have had a recent hospitalization or major health event.

Mixing Your Bowel Preparation:

- MiraLAX is a type of PEG 3350 oral solution. Although instructions may be included with the container, **MIX** preparation according to instructions on the *front side of this form*.
- If you prefer to drink your fluid chilled, you may mix your preparation earlier in the day and place it in the refrigerator.

Taking Your Bowel Preparation:

- Colonoscopy preparation can very rarely cause a potentially life-threatening sodium or magnesium imbalance. It is very important to drink clear liquids as instructed to stay hydrated.
- The colon must be thoroughly cleansed prior to your procedure. Bowel movements will be different for everyone, but will eventually become watery. Some people have diarrhea soon after taking the Magnesium Citrate and some people don't have diarrhea until later in the preparation. Some amount of yellow/green liquid and brown bits is normal.
- Flushable wet wipes instead of toilet paper may make you more comfortable.
- It is normal to feel chilled while drinking the preparation. A warm shower or warm clothing may make you more comfortable.
- If you become nauseated while drinking the liquid preparation, stop for 1 hour, walk around, and then start drinking again at a slower pace. Drink the full amount directed, even if it takes longer to drink it.
- Bowel cleansing may cause some people to get lightheaded, **so move about carefully** after you've started taking the preparation.
- Drinking the liquid from a straw, or while intermittently licking a popsicle, may help you get it down easier.
- If you are unable to drink the prep or have not had good results, please contact our office/answering service at (360) 413-8250 after 6:30 am.

***Clear Liquids Include:** apple and white grape juice; beef, chicken or vegetable broth; plain tea, black coffee; soda pop, Crystal Light, Kool-aid, Jell-O, water and Popsicles. **Avoid clear liquids with red food coloring or red dye such as "red 40"** listed on its labeling; **Avoid dairy and Ensure** type beverages.

On Your Procedure Day:

- You must bring a driver at least 18 years of age with you to your procedure. Your companion should remain in the Endoscopy Center lobby throughout your procedure and recovery (read the Driver's Responsibilities form included).
- Plan to be at GA Endoscopy Center 2-2 ½ hours or at the hospital Endoscopy Centers 3-6 hours. Actual procedure time is much less than that.
- Your judgment and reflexes may be impaired due to the sedatives you will receive. You will not be able to drive, operate machinery, sign legal documents, drink alcoholic beverages, or go to work until the following day.
- If you take prescription blood pressure, heart, lung, seizure, (narcotic) pain or psychiatric medication daily, take your daily dose(s) as prescribed with a sip of water, including on your procedure day.
- We discourage going "out" to eat at a restaurant after your procedure, plan your first meal at home.
- At Gastroenterology Associates Endoscopy Center in Olympia you may wear a short sleeved shirt during your procedure.

Visit our Website at www.gastroassociates.org to take a photo tour of our facility or obtain more information

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