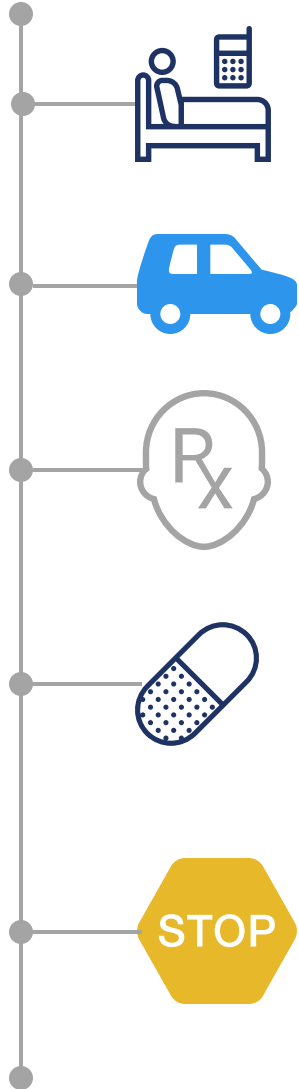


Northwest Gastroenterology Clinic

Colonoscopy Preparation Instructions

One Week Before Your Procedure



- Notify our office if you have had any major changes to your health since you scheduled your procedure.
- Arrange for a ride home from a licensed adult. By law, if you receive sedation, you may not drive for the rest of the day after your procedure. You may walk or ride public transportation with an adult escort.
- Due to current COVID-19 restrictions, your ride may not wait in our waiting room, however, they should remain close by and will be called to come to the office to get you when your procedure is finished.
- Pick up your bowel preparation from the pharmacy.
- If you take blood-thinner or anti-platelet medications, (ie. Plavix, Coumadin, Pradaxa) please call our office if you have not received special instructions.
- Continue taking all other medications, unless instructed by your physician or our nursing staff.
- Stop taking: Iron pills or vitamins with iron (this is to decrease constipation)
- Stop taking: Fish oil
- Stop Eating: Whole seeds, nuts, tomatoes, berries, and any bread with seeds or nuts. You may continue to have creamy nut butters and tomato sauces.



If your procedure is at one of the hospitals, you will be contacted to schedule a COVID-19 test 3-6 days prior to your procedure. Be sure to answer your phone.

Northwest Gastroenterology Clinic

Colonoscopy Preparation Instructions

Prepopik

1 Day Before Your Procedure



- When you wake up, start a clear liquid diet.
- Do not have **any** solid foods.
- Do not have: red, purple, or orange liquids, or alcohol.
- Please see our list of recommended clear liquids.



- Between 4:00 pm and 6:00 pm, mix and drink the first packet of your bowel prep solution. Follow the directions provided for mixing your bowel prep.



- After finishing the first packet of the prep solution, drink five 8 ounce glasses of water over the next five hours.



- Bowel movements usually start within 3 hours of drinking the prep but could take longer. It is recommended to stay near a restroom at this point. See our list of Frequently Asked Questions if you feel the preparation is not working.



Patients that are Diabetic:

- Take 1/2 the dose of your diabetic medications the day before your procedure.
- Do not take any the day of your procedure.

Northwest Gastroenterology Clinic

Colonoscopy Preparation Instructions

Prepopik

The Day of Your Procedure



- Continue with clear liquids and no solid foods.
- You may take blood pressure, heart, or seizure medications the morning of your procedure. Be sure you take these at least two hours before your arrival time.
- Hold all other medications.



- 5 hours before you leave your home, mix and drink the second packet of the bowel prep.
- For example, if your check-in time is 6:45 am, and it takes you 30 minutes to get here, you will need to wake up and drink your 2nd dose at 1:15am.



- After finishing the second packet of the prep solution, drink at least three 8 ounce glasses of water.
- You may continue to hydrate up to 2 hours before your arrival.



- DO NOT HAVE ANYTHING TO EAT OR DRINK **TWO HOURS** PRIOR TO ARRIVING. NO CHEWING GUM.



- Wear comfortable clothes, leave your valuables at home, and arrive on time at the designated location with any paperwork completed that we may have asked you to bring.
- Don't forget your photo ID and insurance card.



You must have a licensed adult drive you home after you receive sedation. You may walk or take public transportation if you have an adult escort. If you do not arrange for a ride or escort, we will not be able to perform your procedure.

Northwest Gastroenterology Clinic

Mixing Your Bowel Prep: Prepopik

Follow these directions for mixing Prepopik



Prepopik contains two packets. You will drink one packet the night before your procedure and then 2nd packet the morning of your procedure.

1

- Fill the dosing cup with cold water up to the lower line (5 oz).

2

- Pour the contents of one packet into the dosing cup.

3

- Stir for 2-3 minutes until powder is dissolved.

Northwest Gastroenterology Clinic

How will I know if I am ready for my procedure?

You will be ready for your procedure when:



You have read through and followed all of the instructions.



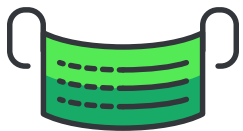
You have completed both doses of your prep solution.



Your bowel movements are a **clear yellow fluid, like urine.**



You have arranged for your ride home, have all of your required paperwork, and have your photo id and insurance card.



COVID-19 Requirements:

- Anyone entering the facility must wear a face mask during their visit.
- Everyone is screened for COVID-19 upon arrival.
- Rides may not wait in the waiting room.
- Patients scheduled at the hospital will receive a COVID test prior to their procedure.



Required paperwork can be found on our website:
nwgastro.net/patient-info/forms

New Patient Questionnaire

(Follow up Questionnaire if you have been seen within the last three years)

Financial Policy

Patient Rights

HIPAA Notice of Privacy

COVID Informed Consent

Northwest Gastroenterology Clinic

Recommendations: Clear Liquid Diet

What is considered a clear liquid?

TIP: Hold a piece of newspaper or paper with print on it up to the liquid and try to read it, if you can see the words, the liquid is clear.



✓ Okay to have

✗ DO NOT HAVE

Okay to have	DO NOT HAVE
Water and mineral water	Milk or dairy drinks
Clear sports drinks- NO RED, ORANGE, or PURPLE	Coffee with cream
Apple juice	Orange juice
Black coffee-NO MILK OR CREAM	Grapefruit juice
Soda	Tomato juice
Yellow or Green Jello	Any solid foods
Popsicles- NO RED, ORANGE or PURPLE	
Chicken broth	

Northwest Gastroenterology Clinic

What can I expect after my procedure?

After your procedure:



- You will be taken to an area to recover when your exam is completed. You may wake up there and not remember how you got there due to the medications (sedation) you may receive.
- The doctor will come and speak with you. Again, due to the medications, you may not remember the conversation with your doctor. We will provide you with **written discharge instructions** that will include the information the doctor reviews with you, along with photos from your exam and directions for contacting the office with any questions or concerns.
- If you have any polyps removed or biopsies taken, you will receive your results within 7-10 days through Myhealth or via letter.

Recovery After Receiving Sedation

For the remainder of the day after your procedure, you will follow these instructions:

- Rest for the remainder of the day. You can resume normal activity the next day.
- Resume a normal diet.
- Continue present medications- unless instructed otherwise by your doctor.
- Avoid driving, operating any machinery and power tools.
- Avoid alcoholic beverages (including beer)
- Avoid making any important decisions or signing any legal documents
- Avoid any activity requiring alertness, good judgment, or good reflexes

Call our office, 503-229-7137, if you experience any new pain, nausea, bleeding, fever, or if you have any questions after your procedure.
