

# 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.



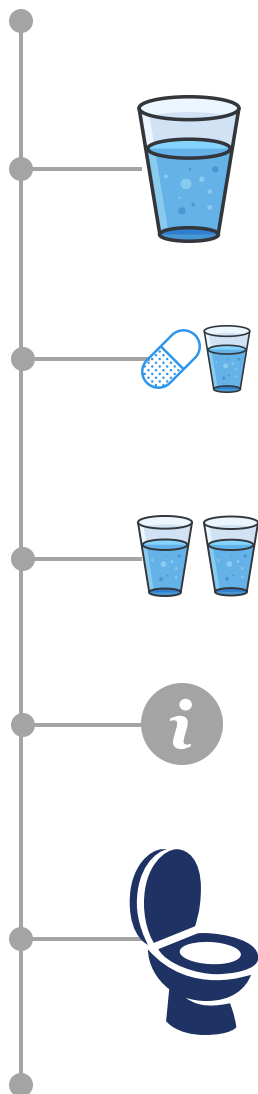
If your procedure is at one of the hospitals, you will be contacted to schedule a COVID-19 test 3-6 days prior to your procedure. Be sure to answer your phone.

# Northwest Gastroenterology Clinic

## Colonoscopy Preparation Instructions

### Sutab

#### 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, open the first bottle of 12 tablets.
- Fill the provided cup up to the fill line. Swallow 1 tablet every 1 to 2 minutes with a sip of water.
- Finish the 12 tablets and entire 16 ounces of water within 20 minutes.
  
- 1 hour after the last tablet is ingested, fill the container again up to the fill line and drink the entire amount over 30 minutes.
- 30 minutes after you finish the water, fill the container again and drink the entire amount over 30 minutes.
  
- If you experience nausea, bloating, or cramping while drinking the additional water, pause or slow down the rate of drinking until your symptoms diminish.
  
- Bowel movements usually start within 3 hours of beginning 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:

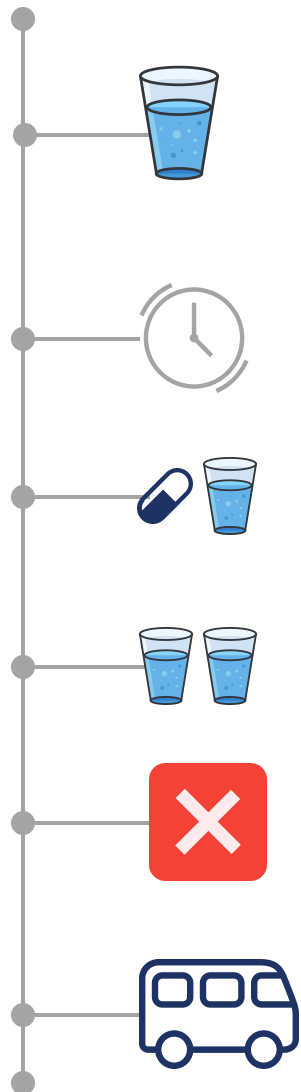
- Take 1/2 the dose of your diabetic medications the day before your procedure.
- Do not take any the day of your procedure.

# Northwest Gastroenterology Clinic

## Colonoscopy Preparation Instructions

### Sutab

#### 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, open the second bottle of tablets.
- 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 begin your 2nd dose at 1:15 am.
  
- Open the second bottle of tablets
- Fill the provided cup up to the fill line. Swallow 1 tablet every 1 to 2 minutes with a sip of water.
- Finish the 12 tablets and entire 16 ounces of water within 20 minutes.
  
- 1 hour after the last tablet is ingested, fill the container again up to the fill line and drink the entire amount over 30 minutes.
- 30 minutes after you finish the water, fill the container again and drink the entire amount over 30 minutes.
  
- 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.

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## 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

## 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.



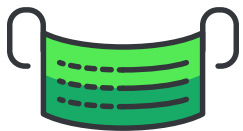
You have completed both doses of your prep solution.



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](http://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

# 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, your results will be expected to be reviewed within 7-10 days of your procedure.
- **If you are signed up for MyHealth you may have access to your results before your provider has an opportunity to review them. Our office will contact you if there are any concerns with your results. If your results are normal and you are not on Myhealth, you will receive your results by mail.**

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### 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, and 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.**

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