

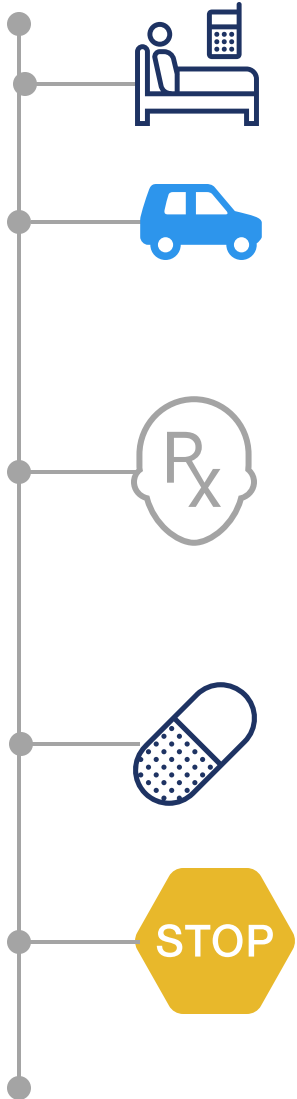
Northwest Gastroenterology Clinic

Colonoscopy Preparation Instructions

Miralax

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.
- Purchase your preparation supplies at a pharmacy, no prescription needed:
 1. 5mg Bisacodyl (Ducolax) tablets- you will only use two for your preparation.
 2. One 238gm bottle of Miralax
 3. One bottle of lemon-lime magnesium citrate. If you have **kidney disease**, do not use magnesium citrate, you will skip this step.
 4. One 64 oz bottle of Gatorade- no RED, PURPLE, or ORANGE. DO NOT CHILL. If you are **diabetic** buy sugar-free Gatorade.
- 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.

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2 Days Before Your Procedure

- One hour before bedtime, take two bisacodyl (Dulcolax) tablets with 16 oz of water.

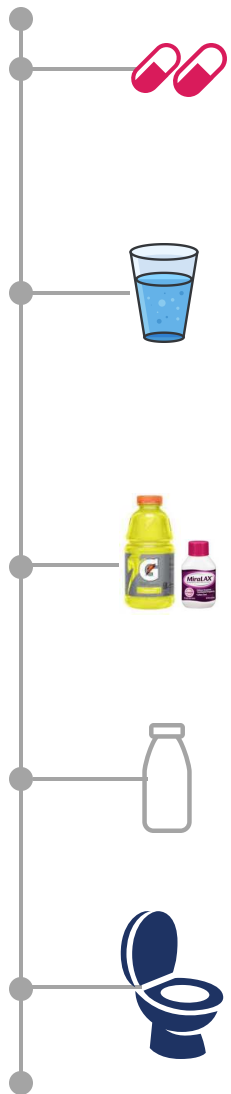
1 Day Before Your Procedure

- 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 & begin drinking your bowel prep solution.
- To mix: pour the bottle of Miralax into the Gatorade bottle. Place the cap back on the Gatorade bottle and shake until the Miralax has completely dissolved. **DO NOT CHILL.**
- Drink 8 ounces of the solution every 20-30 minutes until **half** of the solution is complete. Set the other half aside for tomorrow, but do not chill.

- 3 hours later, drink the entire bottle of magnesium citrate. If you have **kidney disease**, skip this step.

- 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.

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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, start the second half of the bowel prep. Drink 8 ounces every 10-15 minutes until it is finished. You must finish 2 hours before your procedure.
- 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.



- DO NOT HAVE ANYTHING TO EAT OR DRINK **TWO HOURS** PRIOR TO ARRIVING.



- 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

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.



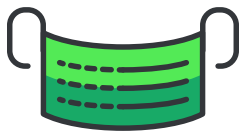
You have completed both doses of your prep solution.



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

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 | |

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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.**

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.
