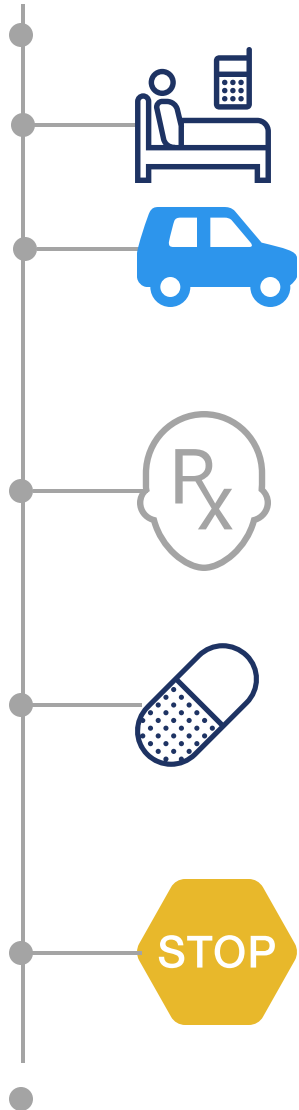


# Northwest Gastroenterology Clinic

## Colonoscopy Preparation Instructions

### Extended Bowel Prep

#### One Week Before Your Procedure



- Notify our office if you have had any major changes to your health since you scheduled your procedure.
- If you are receiving sedation, arrange for an adult to drive you home after your procedure. You may walk or ride public transportation with an adult escort. Your ride or escort must be present with you at check-in on the day of your procedure.
- Pick up your bowel preparation from the pharmacy.
- Purchase one bottle of Miralax powder, you will need at least 5 doses (85 grams)
- Purchase Dulcolax (or generic bisacodyl) oral tablets. You will need a total of 5 tablets.
- Purchase simethicone gas relief (Gas-X) over-the-counter. You will need a total of 4 tablets/ capsules.
- If you take **blood-thinner or anti-platelet medications**, (ie. Plavix, Coumadin, Pradaxa) or any **diabetic or weight loss medications** (ie. Ozempic, Trulicity) 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.
- Stop using: any illicit drugs



**SIGN UP FOR  
MYCHART**

We use MyChart as our primary communication tool.

**Sign up today to make sure you get all of your important communications from our office.**

Use MyChart to complete all of your paperwork for your virtual visit and pay your co-pay through E-check-in.

Confirm your appointments through MyChart so your appointment does not get cancelled.

Message the office using MyChart with non-urgent questions to save your time on the phone.

Receive your after visit summary with your treatment plan via MyChart.

# Northwest Gastroenterology Clinic

## Colonoscopy Preparation Instructions

### Extended Bowel Prep

#### You will need:

In addition to your prescribed bowel preparation, purchase the following (no prescription required):

- One bottle of Miralax powder. You will need at least 5 doses (85 grams)
- Dulcolax (or generic Bisacodyl) oral tablets. You will need at least 5 tablets.

#### 3 Days Before Your Procedure

- In the morning, take one dose (17 grams) of Miralax mixed with 4-8 ounces of water and take one Dulcolax tablet (5 mg)
- In the evening, take one dose (17 grams) of Miralax mixed with 4-8 ounces of water and take one Dulcolax tablet (5 mg)

#### 2 Days Before Your Procedure

- In the morning, take one dose (17 grams) of Miralax mixed with 4-8 ounces of water and take one Dulcolax tablet (5 mg)
- In the evening, take one dose (17 grams) of Miralax mixed with 4-8 ounces of water and take one Dulcolax tablet (5 mg)

#### 1 Day Before Your Procedure

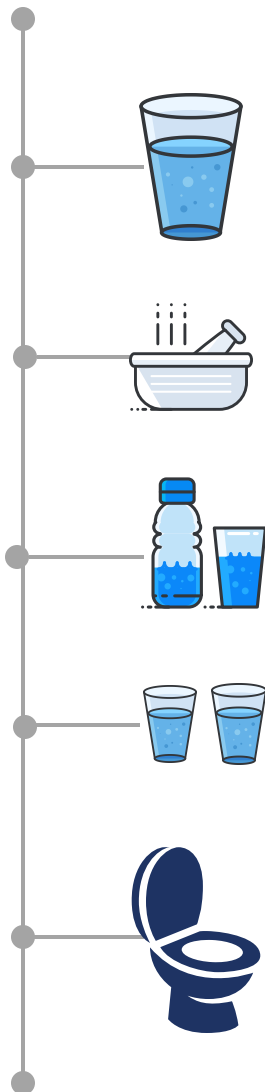
- In the morning, take one dose (17 grams) of Miralax mixed with 4-8 ounces of water and take one Dulcolax tablet (5 mg)
- Begin your clear liquid diet and follow your preparation instructions

# Northwest Gastroenterology Clinic

## Colonoscopy Preparation Instructions

Nulytely, Gavilyte & similar gallon jugs

### 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 2:00 pm and 4:00 pm, mix your bowel prep solution. Follow the directions provided for mixing your bowel prep. You will want your prep solution to refrigerate for 2 hours prior to drinking.
  
- 2 hours later, begin drinking the first **half** of your bowel preparation.
- Drink 8 ounces every 10-15 minutes until the first half is completed.
- You will want to complete the first half of the prep within 2 hours.
- Place the remaining half of the preparation in the refrigerator until tomorrow.
- Take 2 simethicone gas relief (Gas-X) tablets/ capsules.
- See our list of Frequently Asked Questions for tips on drinking the prep.
  
- After finishing the first half of the prep solution, drink two 8 ounce glasses of water.
- Continue to drink clear liquids throughout the day to stay hydrated.
  
- 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

## Mixing Your Bowel Prep: Nulytely, Gavilyte, & similar gallon jugs

### Follow these directions for mixing Nulytely, Gavilyte and similar gallon jug solutions



Begin mixing your prep solution between 2:00 pm and 4:00 pm the day before your procedure.



1

- Open the provided flavor packet and pour it into the container.

2

- Add lukewarm water into the container, up to the fill line.

3

- Place the cap on the bottle and shake it several times to dissolve the powder.

4

- Place the jug in the refrigerator for two hours prior to drinking.

# Northwest Gastroenterology Clinic

## Colonoscopy Preparation Instructions

Nulytely, Gavilyte & similar gallon jugs

### The Day of Your Procedure



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



- 6 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.
- 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 12:15 am.



- After finishing the second half of the prep solution, take 2 simethicone gas relief (Gas-X) tablets/capsules.
- Drink two 8 ounce glasses of water.



- **DO NOT HAVE ANYTHING TO EAT OR DRINK **FOUR 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 also choose to walk, take a taxi, rideshare, or other means of transportation if you have an adult escort. Your ride or escort must be present with you at the time of check-in. If you do not arrange for a ride or escort and they are not present at check-in, we will not be able to perform your procedure.

If you smoke, use chewing tobacco, marijuana or nicotine pouches:

Do not smoke 24 hours before your procedure.  
Do not use chewing tobacco or nicotine pouches 6 hours before 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.



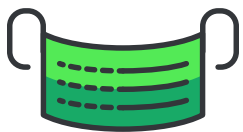
You have completed both doses of your prep solution.



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:

- Face masks are optional. If you would prefer that staff on your care team wear a mask, please let us know when you check in for your appointment.
- If you have tested positive for COVID-19 in the 14 days before your procedure or are experiencing COVID-like symptoms, please call our office.



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

## 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, 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

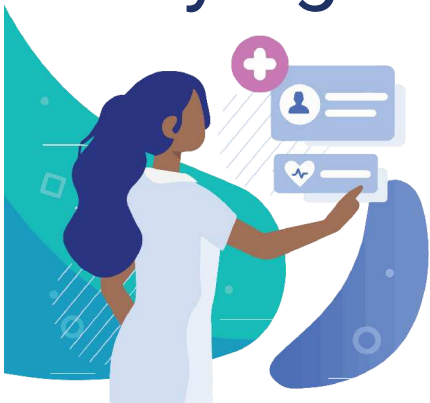
For the remainder of the day after your procedure, you will follow these instructions:

- 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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# Paying for your procedure



We understand it is important to know how much you will be responsible for paying for your medical care. Because each patient situation is unique, the cost of care is not always the same. The amount you will be responsible for is generally determined by your insurance (if you are using it).

You can use this guide to assist you with determining what kind of procedure you will be having, so that you can inform your insurance company to help you determine your benefits and estimated responsibility.

## Colonoscopy Types

### Screening Colonoscopy

A test if you are **average-risk** for colon cancer.

- Done every 10 years for anyone age 45\* to look for (and remove, if needed) colon polyps.
- Typically, screening colonoscopies are covered 100% by insurance companies.

### Surveillance Colonoscopy

A test if you have **no symptoms** but are **higher-risk** for colon cancer such as personal history of polyps.

- Generally done more frequently than every 10 years based on the risk for colon cancer determined by the physician.
- Many commercial health insurance plans consider these diagnostic procedures and they may not be fully covered.

### Diagnostic Colonoscopy

A test if you **have symptoms**, a chronic disease (IBD), or an abnormality your doctor wants to investigate.

- Not fully covered (meaning you may have to pay some of the costs).
- Often the doctor will take biopsies of the colon and/or remove polyps to help diagnose the problem.

\* The US Preventative Services Task Force recommend screenings beginning at age 45. **Contact your insurance** to find out if your plan follows these guidelines.

Upper Endoscopy (EGD) is a diagnostic procedure, it is not fully covered by insurance, you may have to pay some of the costs.

You may get up to 4 bills for your procedure.



One from the doctor who did your procedure



One from the place where you had your procedure.



One from the anesthesia provider (if you had sedation)



One from the pathology lab, if a biopsy or polyp is removed.

