

EGD/Colonoscopy Information

WRMC Centralized scheduling will call you to set up a pre-admission testing (PAT) phone call appointment. This call will come from (920) 262-4298.

My PAT Appointment time is: _____

You will receive a phone call within a **one hour window** of this scheduled time.

It is important that you are not distracted during this appointment. You will receive instructions on preparation including diet, medication changes, and arrival time.

Please have a list of current allergies, medications, and diagnosed medical conditions prepared prior to your phone call with PAT. During your PAT phone call, please complete the following:

1. Endoscopy scheduled with Dr. _____
2. Date of procedure: _____
3. Hospital arrival time: _____
4. Time to stop drinking clear liquids: _____
5. Medications to **stop** prior to endoscopy, with date each should be stopped:

Please consult your prescribing provider to verify it is safe to temporarily discontinue any medications you are instructed to stop.

Important:

Due to sedation medicines, **you cannot drive after your procedure**. You will need a ride to and from the hospital who must stay for the duration of your procedure. Please arrange this ahead of time.

EGD and Colonoscopy

What are the procedures?

Esophagogastroduodenoscopy, most commonly abbreviated as EGD, is a procedure that looks at your esophagus (food tube), stomach, and the upper portion of your small intestine – the duodenum. This test is performed to diagnose digestive problems by directly viewing the structures of the upper GI tract. Colonoscopy is a common procedure used to screen for colon cancer, remove pre-cancerous polyps, and diagnose digestive problems of the colon. Based on the results of your exam, your doctor can determine the best course of action for treating and managing the cause of your problem.

What is an endoscope?

The endoscope is an instrument consisting of a thin, flexible tube with a light and camera at the end which displays onto a monitor viewed by your doctor. The tube also has several openings through which instruments can be passed for use during the procedure.

What will happen during the procedure?

You will be under a light form of anesthesia during the procedure. After a bite block is placed to protect your teeth and mouth, an endoscope is inserted through your mouth down the esophagus. The endoscope is then used to visualize your esophagus, stomach, and small intestine. A separate endoscope is then inserted through the rectum to visualize the colon. Air is used during the procedure to expand the GI structures, providing a clear view. If your doctor sees any abnormalities such as inflammation, growths, or ulcers, biopsies may be taken for further evaluation.

What will happen after the procedure?

After undergoing the endoscopy procedures you will be taken back to your room for recovery. Most patients take approximately 15 to 30 minutes to awaken from the anesthesia used for sedation. After this you will be monitored for an additional 30-45 minutes until ready to go home. You will receive initial results of the procedure from your doctor or their associate once awake, and receive a phone call with any biopsy results after approximately one week.

Preparing for EGD and Colonoscopy

7 Days

Before your procedure

Arrange transportation

Please confirm that a family member or friend is available to drive you to and from your upper endoscopy and remain at the hospital for the duration of the procedure.

Review Medications

You may be instructed to discontinue certain medications prior to your exam. Call the prescribing provider to discuss how to safely do this.

Medications to stop 7 days prior to endoscopy:

- Aspirin
- Plavix (Clopidogrel), Pletal (Cilostazol), Effient (Prasugrel)
- Ibuprofen, Advil, Naproxen, Excedrin, Aleve, Motrin, Celebrex, Diclofenac
- Weight loss medications including Ozempic and Phentermine
- Vitamins and supplements

5 Days

Before your procedure

Medications to stop 5 days prior to endoscopy:

- Coumadin (Warfarin)

Note: If you take this medication, please contact your prescribing provider to inquire if “bridging” will be required.

3 Days

Before your procedure

Low Fiber Diet

Stop the following foods, which can slow digestion and remain in the colon resulting in incomplete examination.

- Corn, seeds, nuts, popcorn
- Fruit with seeds or skin
- Whole grain breads, granola, high fiber cereal, and quinoa

Pick Up Bowel Prep

Your bowel prep will be ordered approximately ten days before your exam.

1. Call the pharmacy to fill your prescription.
2. Pick up prescription: 510 grams of Miralax powder
3. Pick up clear liquid of your choice: Approximately one gallon total which equals 128 mL of liquid

- a. Example: Four 28-ounce bottles of Gatorade, this will be 112 mL and slightly less than one gallon which is acceptable

4. Pick up approved clear liquid foods: see attached list

Medications to stop 3 days prior to endoscopy:

- Eliquis (Apixaban), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Brillinta (Ticagrelor)

2 Days

Before your procedure

Constipation: If you experience constipation, please begin following a clear liquid diet *48 hours prior* to colonoscopy.

1 Day

Before your procedure

Medications to stop one day before endoscopy:

- Lisinopril (Zestril, Prinivil), Benazepril (Lotensin), Captopril, Enalapril (Vasotec), Losartan (Cozaar), Valsartan (Diovan), Olmesartan (Benicar), Candesartan (Atacand)
- Insulin: Take ½ dose the evening before your colonoscopy, hold all insulin the morning of your procedure
- Metformin: Take ½ dose the evening before your colonoscopy, hold the day of your procedure

Clear Liquid Diet

This is your *prep day*, please follow the dietary instructions indicated below for the entire day:

- Drink **only** clear liquids provided on the attached *clear liquid diet* sheet.
 - Avoid liquids colored red or purple for both your clear liquid diet and prep mixture.
- For the entire day do **not** eat solid foods, this will result in colonoscopy cancellation.

Bowel Preparation

Mix the *entire bottle* of Miralax received from your pharmacy with **one gallon** of liquid, this can be anything on the *clear liquid diet* sheet.

- Again, avoid liquids colored red or purple.
- Gatorade is recommended.

- You may mix this earlier in the day and place in the refrigerator to help the Miralax dissolve more completely.

1 Day

Before your procedure

If your procedure time is scheduled **before** 9:30 AM:

At **4:00 PM**, you will start drinking your Miralax prep.

You will be drinking the entire gallon of prep the night before your procedure.

- Drink 1 cup (8 oz) every 10-20 minutes.
- Try to drink quickly rather than sipping.
- Complete the gallon of prep liquid, 16 cups in total.
- This should take approximately **4 hours** total.

The morning of your procedure, you may drink **clear, noncarbonated liquids** up until one hour prior to arrival. Please do not drink soda or carbonation the day of your procedure.

If your procedure time is scheduled **after** 9:30 AM:

At **4:00 PM**, you will start drinking your Miralax prep.

You will be drinking one half of the prep liquid gallon the night before your procedure.

- Drink 1 cup (8 oz) every 10-20 minutes.
- Try to drink quickly rather than sipping.
- Store the second half of your prep gallon in the fridge overnight.

You will resume your prep on your procedure day starting approximately **4 hours before** your scheduled hospital **arrival time**.

- You must finish drinking the prep liquid **2 hours** prior to your scheduled arrival at the hospital.

You may **drink clear, noncarbonated liquids** up until **two hours prior to arrival**. Please do not drink soda or carbonation the day of your procedure.

After your Endoscopy

You will receive discharge paperwork with instructions on when to resume any medications stopped prior to the procedure.

You may resume a normal diet (as tolerated) after your endoscopy. You may have a mild sore throat after the procedure, which should resolve in approximately 24 hours.

Do not drive, work, or operate heavy machinery until the day after your endoscopy. Do not smoke, drink alcohol, or take sleep aids until the day after your endoscopy.

You will be notified of any pathology results from your procedure in 7-14 days by a phone call. If we are unable to reach you via phone after multiple attempts, you will receive a letter in the mail.

Clear Liquid Diet

OK to drink:

- Water
- Tea and black coffee *without* any cream, milk, or lightener (including non-dairy options)
- Flavored water without red or purple dye
- Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth including chicken, beef, or vegetable
- Sports drinks such as gatorade
- Popsicles without fruit or cream
- Jello or other gelatin without fruit
- Powdered drinks such as kool-aid or crystal light
- Soda - OK on *prep day*, please do not drink the day of your procedure

Avoid these drinks:

- Alcoholic beverages
- Milk (including non-dairy)
- Smoothies
- Milkshakes
- Cream
- Orange juice
- Grapefruit juice
- Tomato juice
- Soup other than clear broth
- Cooked cereal
- Gum, hard candy, suckers

Anything with **red or purple coloring** such as juice, popsicles, sports drinks, or gelatins

Important:

Consumption of any solid food the day before your procedure will result in poor visualization during colonoscopy and cancellation of procedure.