

# 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. Colonoscopy scheduled with Dr. \_\_\_\_\_
2. Date of colonoscopy: \_\_\_\_\_
3. Hospital arrival time: \_\_\_\_\_
4. Time to finish drinking bowel prep liquid: \_\_\_\_\_
5. Medications to **stop** prior to colonoscopy, with date each should be stopped:

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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.

## Preparing for 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 colonoscopy 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 colonoscopy:

- Aspirin
- Plavix (Clopidogrel), Pletal (Cilostazol)
- 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 colonoscopy:

- 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: one gallon total which equals 128 mL of liquid
  - a. Example: Four 32-ounce bottles of Gatorade
4. Pick up approved clear liquid foods: see attached list

Medications to stop 3 days prior to colonoscopy:

- Eliquis (Apixaban), Effient (Prasugrel), 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 colonoscopy:

- 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

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**.

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

- 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 **one hour** prior to arrival. Please do not drink soda or carbonation the day of your procedure.

### After your colonoscopy

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 colonoscopy.

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

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 or propel
- 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 colonoscopy

### 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.