

# Gastro Health - Olympia

GastroHealth.com/Olympia

## 2-Day Split (double) Dose MiraLAX 476 gm and Bisacodyl with Gatorade™ or \*G2 Low Calorie Gatorade™

*\*If you take diabetes medication, substitute G2 Low Calorie Gatorade™ for the Gatorade™ in the instructions below*

☐ COLONOSCOPY

☐ EGD (Gastroscopy)/COLONOSCOPY PREPARATION INSTRUCTIONS

Appointment Day \_\_\_\_\_ Date \_\_\_\_\_ Arrival Time \_\_\_\_\_ am/pm Doctor \_\_\_\_\_

| SEVEN (7) DAYS BEFORE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | THREE (3) DAYS BEFORE                                                                                                                                                                                                                                                                                                                                                                                                                                                       | TWO (2) DAYS BEFORE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | DAY BEFORE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | DAY OF PROCEDURE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <ol style="list-style-type: none"><li><b>Regarding Aspirin:</b> If you are on aspirin due to a heart problem, previous TIA, stroke, heart attack, blood clots (lung or leg) or other vascular problem, do <b>NOT</b> stop aspirin. If you are on aspirin for arthritis or simply as a general recommendation, do <b>STOP</b> it for this procedure.</li><li>Tylenol and Acetaminophen are <b>okay to take</b>.</li><li>Stop iron, multi-vitamins with iron and fish oil supplements for this procedure.</li><li>At your pharmacy, buy the following <b>over-the-counter</b>:<ul style="list-style-type: none"><li><b>Two MiraLAX (238 gram) bottles: 476 grams total.</b></li><li><b>2 generic Bisacodyl tablets</b> (5mg each tablet). There are several brands of Bisacodyl available. If you are not sure, ask the pharmacist for help.</li><li><b>Four-28 oz Gatorade™</b> (no purple or red color). Chill the Gatorade before use.</li></ul></li><li>Read complete packet of materials included with this handout and both sides of this page.</li><li>For GLP-1 (weight loss injection) medication hold. See Diabetic instructions</li></ol> | <ol style="list-style-type: none"><li>Stop anti-inflammatory medications (including those taken for arthritis) such as: Ibuprofen, Advil, Motrin, Aleve, Naprosyn and Relafen.</li><li>If you take Prednisone, do <b>NOT</b> stop taking it unless otherwise directed.</li><li>Stop fiber supplements such as Metamucil, Citrucel and Benefiber.</li><li>Stop eating berries, nuts and seeds.</li><li>Confirm with driver. <b>No</b> driver = <b>No</b> procedure</li></ol> | <ol style="list-style-type: none"><li><b>No</b> solid food. <b>No</b> dairy. <b>No</b> juice with pulp. <b>No</b> alcohol until after the procedure.</li><li>To stay hydrated, <b>drink at least 8 glasses of clear liquids* (see back page), including salty broth, during the day and evening</b>, in addition to the liquid preparation.</li><li>At <b>12:00 noon</b>, take 2 Bisacodyl tablets. Mix ½ of one of the two <b>238 gram</b> bottles of MiraLAX into each of the four 32 oz Gatorade™ bottles until dissolved. Refrigerate.</li><li>At <b>5:00 pm</b>: Begin drinking the first bottle of Gatorade/ MiraLAX solution at a rate of 8 oz every 20-30 minutes <b>until the entire 28 oz bottle is gone</b>. If you get nauseated, stop for 1 hour, walk around, then start again at a slower pace.</li><li>At <b>10:00 pm</b>: Repeat step number 4 (above) drinking the second 32 oz Gatorade/ MiraLAX solution.</li></ol> | <ol style="list-style-type: none"><li>To stay hydrated, <b>drink at least 8 glasses of clear liquids (including salty broth) during the day and evening</b>, in addition to the liquid preparation.</li><li>At <b>4:00 pm</b>: Begin drinking the third bottle of Gatorade/ MiraLAX solution at a rate of 8 oz every 20-30 minutes <b>until the entire 28 oz bottle is gone</b>. If you get nauseated, stop for 1 hour, walk around, then start again at a slower pace.</li><li>If you are on Lovenox injections, stop the injections as directed by your prescribing provider.</li></ol> | <p><input type="checkbox"/> <b>Arrival Time before 11:00 am</b><br/>At <b>2:00 am</b>: Begin drinking the fourth bottle of Gatorade/MiraLAX solution at a rate of 8 oz every 20-30 minutes <b>until the entire second 28 oz bottle is gone</b>.<br/><b>Finish no later than 4:00 am</b></p> <p><input type="checkbox"/> <b>Arrival Time after 11:00 am</b><br/>At <b>7:00 am</b>: Begin drinking the fourth bottle of Gatorade/MiraLAX solution at a rate of 8 oz every 20-30 minutes <b>until the entire second 28 oz bottle is gone</b>.<br/><b>Finish no later than 9:00 am</b></p> <ol style="list-style-type: none"><li>You may drink clear liquids <b>until four hours before your appointment, then STOP</b>.</li><li>MEDICATIONS TO <b>STOP</b>:<ul style="list-style-type: none"><li>Do <b>NOT</b> take any diabetes medication after midnight the day of your exam.</li></ul></li><li>MEDICATIONS TO <b>TAKE</b>: (<i>with a sip of water</i>)<ul style="list-style-type: none"><li><b>Do take</b> prescription blood pressure, heart, lung, seizure, (narcotic) pain, and psychiatric medications.</li></ul></li><li>Do <b>NOT</b> smoke the day of your procedure.</li></ol> |

### Special Instructions: Hold the following medications as indicated ONLY IF CHECKED BELOW

☐ **Proton pump inhibitors** such as Omeprazole (Prilosec), Lansoprazole (Prevacid), Pantoprazole (Protonix), and Esomeprazole (Nexium): Hold for \_\_\_\_\_ before procedure.

☐ **Antiplatelet agents** such as Dipyridamole (Aggrenox, Persantine), Clopidogrel (Plavix), Prasugrel (Effient): Hold for \_\_\_\_\_ days before procedure.

☐ **Blood thinners** such as Warfarin (Coumadin), Pradaxa: Hold for \_\_\_\_\_ days before procedure.

You will be given written instructions about restarting this medication after your procedure. Call our office if you didn't receive those.

## Location, Tips and Other Information

### Your Procedure is Scheduled at:

- ☐ **Gastroenterology Associates Endoscopy Center (GAEC)**  
209 Lilly Road NE, Suite A, Olympia, WA 98506 | 360.413.8250  
(1st Floor, turn right just inside of the Main Entrance)  
If your weight is  $\geq 350$  lbs or your BMI is  $\geq 50$ , please contact our office.
- ☐ **Providence St. Peter Hospital Endoscopy Center**  
413 Lilly Road NE, Olympia, WA 98506 | 360.413.8250  
(Check in at Admission Desk in the hospital Main Lobby)

### Your Prep is the Key to a Successful Procedure

The colon must be completely clean of waste material prior to your procedure. Follow these preparation instructions very carefully, as any remaining stool can obscure visualization of the lining of the colon, which will interfere with our ability to provide you with a complete examination and could necessitate rescheduling of the procedure.

### In Planning Your Procedure, Have You Told Us If You

- Could be pregnant. If you arrive for your procedure possibly pregnant, your procedure may be rescheduled.
- Have had a recent hospitalization or major health event (since we last saw you or since we completed your pre-procedure questionnaire by phone).

### Mixing Your Bowel Preparation

- MiraLAX is a type of PEG 3350 oral solution. Although instructions may be included with the container, **MIX** the preparation according to instructions on the *front side of this form*.

**Clear liquids include:** Apple and white grape juice, beef, chicken or vegetable broth; plain tea, black coffee; soda pop, Crystal Light, Kool-Aid, Jell-O, popsicles and water. **Avoid clear liquids with red food coloring or red dye such as “Red 40”** listed on its labeling; **Avoid dairy and Ensure** type beverages.

### Taking Your Bowel Preparation

- Bowel cleansing may cause some people to get lightheaded, **so move about carefully** after you've started taking the preparation. Colonoscopy preparations may lead to fluid or electrolyte imbalance which can cause dizziness and/or passing out. It may very rarely cause a potentially life-threatening sodium or magnesium imbalance. It is **very important** to drink clear liquids as instructed to stay hydrated.
- The colon must be thoroughly cleansed prior to your procedure. Bowel movements will be different for everyone but will eventually become watery. Some people have diarrhea soon after taking the Bisacodyl tablets and some people don't have diarrhea until they start drinking the liquid preparation later in the day. Some amount of yellow/green liquid and brown bits is normal.
- Flushable wet wipes instead of toilet paper may make you more comfortable.
- It is normal to feel chilled while drinking the preparation. A warm shower or warm clothing may make you more comfortable.
- If you become nauseated while drinking the liquid preparation, stop for 1 hour, walk around, and then start drinking again at a slower pace. Drink the full amount directed, even if it takes longer to drink it.
- Drinking the liquid from a straw, or while intermittently licking a popsicle, may help you get it down easier.
- If you are unable to drink the prep, please contact our office/answering service at 360.413.8250 after 6:30 am.
- If you have not had good results, please contact the Endoscopy Center at 360-413-8950 option 0 after 7:00 am.

### On Your Procedure Day

- You must bring a driver at least 18 years of age with you to your procedure. Your companion should remain in the Endoscopy Center lobby throughout your procedure and recovery (read the Driver's Responsibilities form included).
- Wear comfortable clothing and socks to keep your feet warm. Do not wear jewelry, tight belts, pantyhose, cologne or perfume. Leave money and other valuables at home. Bring insurance card(s), copay (if required) and driver's license or photo ID.
- Plan to be at GA Endoscopy Center 2-2½ hours, at the hospital Endoscopy Center 3-6 hours. Actual procedure time is much less than that.
- Your judgement and reflexes may be impaired due to the sedatives you will receive. You will not be able to drive, operate machinery, sign legal documents, drink alcoholic beverages or go to work until the following day.
- If you take prescription blood pressure, heart, lung, seizure, (narcotic) pain or psychiatric medication daily, please take your daily dose(s) as prescribed with a sip of water, including your procedure day.
- We discourage going “out” to eat at a restaurant after your procedure; plan your first meal at home.

**Visit our website at [GastroHealth.com/Olympia](http://GastroHealth.com/Olympia) to obtain more information about our practice.**  
**If you have questions, call 360.413.8250 \*\*\*Read the front of this form for full instructions\*\*\***