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EGD /Colonoscopy and/or Flexible Sigmoidoscopy Preparation Instructions

Your test is scheduled for:

Vail Valley Surgery Center Edwards on: _____

Please check in at: _____ for your _____ appointment.

(Procedure time is subject to change and will be confirmed two days prior to your date.)

DO inform your Doctor if you have a pacemaker, internal defibrillator, latex allergy, or artificial heart valve.

DO NOT take Coumadin (includes generic form) for _____ days before this procedure. (Talk to your prescribing physician) Stop Coumadin on this date _____.

DO NOT take Plavix (includes generic form) for 5 days prior to this procedure. (Talk to your prescribing physician)

DO NOT take Lovenox the day of this procedure. (Last one no later than 9pm the day before the procedure.)

DO inform your Doctor if you are diabetic.

Insulin dose: ½ your regular dose the day before and the morning of the procedure.

Oral Glucose pill: Do not take this the morning of the procedure.

DO take your heart medicines in the morning with a small sip of water only (take 2 hours before leaving for the procedure).

DO take BP medicines if they are a ***Beta Blocker*** in the morning with a small sip of water only (take 2 hours before leaving for the procedure).

DO NOT take your BP medicine if it is an ***Ace Inhibitor*** the morning of your procedure. (Any questions on medication type please speak with a Pre Op Nurse at 569-7400.)

DO NOT take Angiotensin II receptor blockers the morning of your procedure.

DO have a driver take you home (a must- not a taxi or walking home).

DO have an adult member with you for the rest of the day and evening after the procedure.

You will be called 10 to 14 days after your procedure to discuss any biopsy results and any further follow up.

Colonoscopy Preparation Instructions

Colonoscopy is an examination of the colon (large bowel) with a flexible lighted tube about the size of your ring finger which transmits a live color image onto a television screen. A good bowel prep is essential for an accurate and successful procedure. These instructions will help maximize the ease, safety and success of your preparation.

One Week Before Colonoscopy:

- For those with an artificial heart valve, pacemaker or an internal defibrillator, are taking Coumadin, Warfarin, or Plavix, or if you have had a joint replacement within the past 6 months, please consult with your physician regarding specific instructions.
- **Purchase at the Pharmacy:**
 - **Miralax OTC** (two 119g bottles)
 - **Bisacodyl** (two 5 mg tablets)
 - **Gatorade/G2** (two 32 oz bottle – **no red/purple**) OR **Electro Mix** (2 packets - mixed with 64 ounces of water)
 - **Clear liquids** of choice (fruit juices without pulp i.e. apple, white grape, water, clear broth bouillon, coffee without cream, lemon-lime soft drinks, jell-o, popsicles – **nothing red/purple**).

Three (3) Days Before Colonoscopy:

- Do not eat Popcorn, seeds, nuts, multigrain bread, salad, cheese, or high-fiber foods for the three days before the procedure.

One Day Before Colonoscopy:

- If you are **diabetic**, take ½ your regular insulin dose the day before and morning of the procedure. Hold oral glucose medication the morning of the procedure.

Preparing for your Colonoscopy:

- Light Breakfast day before procedure (before 10:00am) - see attached sheet of approved items.
- Clear Liquids after **10:00am** on the day before the procedure. **No solid food after 10:00am.**
- Mix each of the 119g bottles of Miralax powder per 32oz of Gatorade or Electro Mix. Refrigerate.
- The afternoon prior to the procedure at ~ **4:00 pm**, take the two bisacodyl tablets with a glass of water.
- **At 6:00 pm**, drink 32oz of the Miralax mix. Drink one 8oz glass of the 1 liter/32oz Miralax mix every 15 minutes until the entire 1 liter/32oz mix is finished (about 1 hour)
- The morning of your procedure **four hours before your colonoscopy**, complete the second 32oz of the Miralax mix. Drink one 8oz glass of the 1 liter/32oz miralax mix every 15 minutes until the entire 1 liter/32oz mix is finished (about one hour)
- **Please nothing by mouth within 3 hours of your procedure or it may be canceled.**

Day of Procedure:

- Heart, blood pressure or seizure medication may be taken as usual early the morning of your procedure with small sips of water.
- **You must be accompanied by a friend or relative to drive you home or your procedure will be cancelled.** You may not go home alone by taxi or bus.

TIPS:

- Some bloating and cramping is normal and will improve once diarrhea begins. If you develop nausea or vomiting, take about an hour break from drinking the solution before resuming.
- To help avoid dehydration, drink at least 64oz of clear liquids before starting bowel prep.
- To help decrease perianal irritation, consider using wet wipes and barrier cream (eg. A&D, Desitin, or Vaseline) as needed.



You may have the following for breakfast the morning the day before your procedure:

Breakfast:

- Eggs
- White Toast, Butter
- Apple Juice
- Coffee, Black or Cream, Tea, Non-Fat Milk, Soy Milk
- Yogurt, Plain or Vanilla

**** No solid Food after 10am. Clear liquids for lunch and dinner the remainder of the day before the procedure****



Clear Liquid Diet

You May Have The Following:

- Water
- Clear Bullion (chicken, beef, or vegi)
- Coffee or Tea, without milk or creamer
- Gatorade **(no red/purple)**
- Soft Drinks
- Kool-Aid **(no red/purple Kool-Aid)**
- Jell-O, without fruit **(no red/purple Jello-O)**
- Popsicles **(no red/purple)**
- Apple Juice
- White Grape Juice
- Lemonade, without pulp
- Other Clear Juices, without pulp
- White Cranberry Juice

You May NOT Have the Following:

- Red/Purple Jell-O
- Red/Purple Popsicles
- Milk or Milkshakes
- Any Solid Foods



Cancellation Policy

If for any reason you need to cancel or reschedule your appointment, please contact our office at 970-926-6340 or x 6390 **within 48 hours** prior to your scheduled procedure to avoid a No-Show Cancellation Fee of \$100.

Thank you for your understanding.