

Procedure Cover Page

Most Important Points

1. You cannot undergo sedation without your responsible driver physically in the building. Your driver cannot leave during your procedure. Once you arrive, your driver must stay with you. The procedure will be canceled if your driver leaves the building.
2. You cannot be transported by a cab, or commercial transportation (example: Uber or Lyft) by yourself. You can use commercial transport if you bring a responsible adult to accompany you. If you come alone, you must have *certified* medical transportation.
3. Your diet the entire day prior to your procedure is *Clear Liquids only* (no solid food). Jello is considered a clear liquid!
4. You can have clear liquids up until 4 hours prior to your arrival time. (but no solid foods)
5. You must drink the WHOLE prep. A partial prep is not adequate to clean you out properly. Just because you are not eating solids, *you are not prepped!* You must drink the WHOLE prep!
6. If you struggle with constipation, you need additional prep (more than just the usual prep). Please call and speak to the nurse to inquire about additional preparation.
7. It is easier to prep if you start at 8 am the day prior (can take it slower) but try to start no later than 4 pm (will have to drink it quicker)
8. If you do not drink the whole prep and are not fully clean, you will be rescheduled for a second colonoscopy. Why is this important? A bad prep can hide cancer or polyps. You want the best result possible!
9. If you are on a GLP-1 medicine, you must hold it for 1 week prior to the procedure or it will be cancelled. **A GLP-1 medicine is in general an injection you take for weight loss or diabetes.** If you do not know if your medicine is a GLP-1 medicine, you can call your doctor or our office and we can tell you.

Miralax Trilyte (Two Day) Preparation

Please read all instructions thoroughly. After reading if any questions please call our office.

IF YOU ARE TO BE SEDATED, A RESPONSIBLE DRIVER MUST REMAIN IN THE FACILITY THROUGHOUT YOUR APPOINTMENT. NO EXCEPTIONS.

Pick-up the following prescription:

- **TriLyte (or equivalent)** the prescription has been sent to your pharmacy. Follow mixing instructions provided with product. Do not mix until the day before your procedure.

Note: If the pharmacy has not received the prescription, please call our office.

Purchase the following products:

- **One (1) Miralax 238-gram bottles** or generic equivalent
- **One (1) Gatorade 64-ounce bottles. NOTHING RED, ORANGE OR PURPLE.** *Sugar-free drinks (G2, PowerAde Zero, Propel, Crystal Light or water) are also options.*

IF YOU ARE TAKING GLP MEDICATION FOR DIABETES OR WEIGHT LOSS PLEASE READ:

- **IF INJECTABLE GLP MEDICATION YOU MUST NOT TAKE THE MEDICATION SEVEN (7) DAYS PRIOR TO YOUR PROCEDURE.**
- **IF ORAL GLP MEDICATION YOU MUST NOT TAKE THE MEDICATION ONE (1) DAY PRIOR TO YOUR PROCEDURE.**

Starting SEVEN (7) Days BEFORE Your Procedure:

- STOP injectable GLP medication for diabetes or weight loss.

Starting THREE (3) Days BEFORE Your Procedure:

- Do NOT eat any nuts, seeds, corn, or anything that contains these items.

Starting TWO (2) Days BEFORE Your Procedure:

- You will be on a **clear liquid diet** for two (2) days. This includes breakfast, lunch, and dinner. **Clear liquids include** water, sports drinks, black coffee, tea, soda (light or dark), broth, Jell-O, popsicles, and juice without pulp. **NOTHING RED, ORANGE OR PURPLE. No dairy products. No solid food.** Drink plenty of **CLEAR LIQUIDS** throughout the day. Stay hydrated.
- No later than **4PM** mix one (1) entire bottle of Miralax with 64 ounces of Gatorade and drink entire contents.

The Day BEFORE Your Procedure:

- Twenty-four (24) hours prior to your procedure STOP any oral GLP medication for diabetes or weight loss.
- Add water to the top line on the container of TriLyte, mix well and refrigerate. Continue to drink plenty of **CLEAR LIQUIDS** and stay hydrated.
- At **4PM** beginning drinking the TriLyte solution. Drink one glass every 5-10 minutes. You will need to drink the entire container in 2-3 hours. You will continue to drink clear liquids in the evening.
- A soothing ointment (Desitin, Vaseline) may be applied to the anal area to prevent discomfort and skin breakdown.

The Day of Your Procedure:

- Take your regularly scheduled blood pressure, heart, and seizure medications with a sip of water at least two (2) hours before you arrive for your procedure.
- If you smoke, please do not smoke the day your procedure is scheduled.
- **NOTHING BY MOUTH FOR 4 HOURS BEFORE YOU ARRIVE!** This includes water, gum, and mints. Otherwise, the procedure may be cancelled due to safety precautions.

Medications:

- If you have an inhaler, please bring it with you.

Diabetics:

- Test your blood sugar before coming in for your procedure and bring the reading with you.
- If you take oral medication or insulin, **DO NOT** take it the morning of your procedure.
- Bring your insulin with you.
- Please contact the physician that manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.

Blood Thinners:

- If you are taking blood thinners, such as Coumadin, Warfarin or Plavix, call your prescribing physician and ask if you may stop taking the medication 3-7 days prior to your procedure if you have not received instructions.
- If a biopsy needs to be taken during your procedure and you **HAVE NOT** discontinued for 3-7 days, the procedure may have to be repeated.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.

Bring with you:

- Photo ID, insurance card(s) & completed paperwork forms that were sent to you.
- List of all medications, vitamins, and supplements you are taking (include dosage and last date and time each medication was taken before your arrival).

Financial:

- Be prepared to pay any out of pocket at check-in. Call your insurance company to verify your benefits and estimated responsibility.
- **Wear a loose fitting, short sleeve shirt.**
- **Leave all valuables at home.**

You will receive appointment reminders with the date, time, and location of your procedure. Please make sure your cell phone and email address are on file with our office.

Call our office with any questions.

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