NORTHEAST DIGESTIVE

(704) 783-1840

Procedure Preparation Instructions

MIRALAX/GATORADE

Procedure: Colonoscopy EGD/Colonoscopy Flexible Sigmoidoscopy

NE Digestive Vinehaven 1070 Vinehaven Dr NE Concord, NC 28025	NE Digestive Poplar Tent 9965 Poplar Tent Rd Concord, NC 28027	Salisbury Endoscopy Center 510 Corporate Circle Suite 1001 Salisbury, NC 28147	Gateway Surgery Center * 1025 NE Gateway Ct NE Concord, NC 28025	Atrium Cabarrus Hospital 200 Medical Park Drive Concord, NC 28025	Novant Health-Julian Rd Surgery Center 522 Corporate Circle Salisbury, NC 28147	Rowan Medical Center 612 Mocksville Avenue Salisbury, NC 28144

Date - _____ Arrival Time - _____ Physician - _____

*If your procedure is scheduled at Gateway Surgery Center, call (704) 920-7049 between 2pm-4pm one business day prior to your procedure for your arrival time and time to drink your second preparation.

*****Your scheduled procedure time is one (1) hour after your provided arrival time*****

Continue your clear liquid diet until *two (2) hours prior to arrival* time and then nothing by mouth. This includes WATER, TOBACCO, MINTS, GUM. Any consumption will result in a delay or cancellation of your procedure.

You must have a driver bring you to the procedure and *remain on the premises* throughout the procedure, and then drive you home Afterwards. Failure to do so will result in delay or cancellation of your procedure.

Prep Instructions

One (1) Days Before Your Procedure

- Begin a clear liquid diet (no solid food until after your procedure is complete)
- Purchase two (2) 64oz bottles of Gatorade. No *RED*, *PURPLE*, or *BLUE* colors

1. Remove 8oz of Gatorade, then mix one (1) bottle of MiraLAX (255g) into the Gatorade bottle
    - Repeat this step for the second set of bottles
2. Shake them well and place in a refrigerator
3. Beginning at *12:00pm*, drink 8oz of the solution every 15 minutes until the solution is gone
4. At *6:00pm*, drink 8oz of the solution from the second set every 15 minutes until the solution is gone
5. After you have finished the final MiraLAX/Gatorade solution, take two (2) Dulcolax tablets
6. Maintain clear liquid diet until 2 hours prior to arrival

If you feel nauseous- slow down, relax, and sip

Remember: Nothing to drink two (2) hours prior to arrival

This includes gum, tobacco, mints, hard candy, ice, or anything placed into the mouth

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Medication Guidelines

The morning of your procedure you may take medications for: **High blood pressure, Heart conditions, Asthma/Lung conditions, Seizures, Thyroid conditions.** *Please take these with a small sip of water.

Diabetics: If you use oral medications, you may take them as directed the day before. If you are Insulin dependent, please take ½ the dose of any PM insulins. *No diabetic medications the day of your procedure*. If you use any other injectables besides insulin, please hold them for one (1) dose. Use of any of these injectables for **weight loss** should also be held for one week. Please see the chart below.

• Semaglutide (Ozempic, Rybelsus, Wegovy) • Exenatide (Byetta, Bydureon) • Liraglutide (Victoza, Saxenda) • Tirzepatide (Mounjaro, Zepbound) • Dulaglutize (Trulicity)	7 Days
• Prasugrel (Effient)	7 Days
• Coumadin (warfarin) • Plavix (clopidogrel) • Brilinta (ticagrelor) • Jantoven (warfarin) • Aggrenox (ASA/dipyridamole) • Iron (Multivitamins are ok to take)	5 Days
• Any illicit drugs • Erectile Dysfunction Medications	3 Days
• Empagliflozin (Jardiance) • Canagliflozin (Invokana) • Dapagliflozin (Farxiga) • Ertugliflozin (Steglatro) • Bexagliflozin (Brenzavvy) • Sotagliflozin (Inpefa)	3 Days
• Pradaxa (Dabigatran) • Xarelto (Rivaroxaban) • Eliquis (Apixaban)	2 Days

If you take Glucagon-like ***(GLP-1)*** receptor agonists for Type 2 Diabetes or weight reduction these medications must be held due to adverse GI effects such as nausea, vomiting, and delayed gastric emptying which may increase the risk of regurgitation and pulmonary aspiration.

All non-clear fluids need to be finished 8 hours prior to arrival, and 2 hours for clears

Patients on daily or weekly dosing must hold this medication for a minimum of 7 days before procedure

If your prescribing doctor says that it is not okay to stop any of these medications, please contact our office. **Do not stop aspirin for the procedure.**

Dietary Guidelines

Avoid *RED, PURPLE,* and *BLUE* colors – *NO MILK, CREAMS, or CRACKERS* while on a clear liquid diet

• Water (the original clear liquid) • Crystal Light or Kool Aid • Chicken or Beef Broth *NO NOODLES or RICE* • Apple, White Cranberry, or White Grape Juice – *NO ORANGE JUICE* • Tea and coffee *WITHOUT CREAMER*	• Clear or Yellow Soft Drinks (Sprite, Sundrop, Ginger Ale, Mountain Dew, or Sierra Mist) • Popsicles and Italian *Ice (NO YOGURT OR ICE CREAM)* • Jello (peach, lemon, lime, white grape flavors are suggested) • Gatorade/Powerade (replaces electrolytes)

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Colonoscopy FAQs:

- *What if I feel nauseous or vomit while taking my prep?*
  It is okay, as you should continue to go to the bathroom. However, if you do not have a bowel movement, please call us.
- *Why can't I have anything red, purple or blue?*
  The dyes used in food to produce these colors do not always get absorbed by the body and the residue can look like blood in your colon.
- *I can't have any solid food after breakfast?*
  No. If your colon is not adequately cleaned out it will impair our ability to perform a complete examination and possibly result in the need for a repeat colonoscopy.
- *What if I cannot tolerate the preparation?*
  Please call the office ASAP at 704-783-1840. If it is before 5pm, the office staff can help you with alternatives. If it is after 5pm, the closed greeting provides the phone number for the on-call physician who can assist you.
- *Should I reschedule if I have a cold?*
  Yes, if you have an upper respiratory infection, please call our office to cancel your procedure, as this can affect your anesthesia and the overall process of your procedure. Seven (7) days after your infection has been resolved, please call back to reschedule.
- *Why does my driver have to stay the entire time I am at the facility?*
  For your safety. Your judgment is impaired due to the sedation, and you cannot make sound decisions during or after your procedure.
- *How long does it take?*
  The colonoscopy itself takes less than 30 minutes but plan on being at the facility about 2 to 2 ½ hours from arrival to discharge.
- *Does the procedure hurt?*
  Most people don't even remember their procedure! If you experience any discomfort, it is usually cramping (like gas pain).
- *When do I get the results of my test?*
  The physician will speak with you and your driver after the procedure. Biopsy results are usually available in 10-14 business days. Please sign up for our patient portal, as your results will be posted on there.

Please remember, it is very important that these instructions be closely followed for your procedure to be as safe and thorough as possible. Inadequate preparation can result in a difficult and possibly incomplete examination.

If you have any questions, please feel free to call us at **(704) 783-1840**.
Office Hours: Monday – Thursday from 8:00am to 5:00pm and Friday from 8:00am to 2:00pm