



Appt: _____

Colonoscopy Flex Sig EGD EUS ERCP

GI Associates Endoscopy Center – Wausau

411 Westwood Dr Wausau

Your estimated arrival time is _____. If this time changes, our Endoscopy Center will call you with the new time. If you have a question about your arrival time or need to reschedule, please contact our office at **715-847-2558** or **877-442-7762**.

GI Associates Endoscopy Center – Stevens Point

3225 Business Park Dr Stevens Point

Your estimated arrival time is _____. If this time changes, our Endoscopy Center will call you with the new time. If you have a question about your arrival time or need to reschedule, please contact our office at **715-847-2558** or **877-442-7762**.

Aspirus Wausau Hospital – Surgery (Hospital B entrance)

333 Pine Ridge Blvd Wausau

Please pre-register by calling **715-847-2175** or **800-477-4496**.

Pre-Admission Surgical Services (PASS) will contact you two business days before your procedure to confirm your arrival time. If you have not received this call by 2:00pm the business day prior to your procedure, please call PASS at **715-847-2799** or **877-350-2197**.

Aspirus Plover Hospital

5409 Vern Holmes Dr Stevens Point

The Aspirus Plover Hospital will contact you 1-2 business days before your procedure to confirm your arrival time. If you have not received this call by 2:00pm the business day prior to your procedure, please call Hospital Outpatient at **715-342-1015**.

Aspirus Langlade Hospital

112 East 5th Ave Antigo

Please pre-register by calling **715-623-9220**.

The business day before your procedure, between 9am and 4pm, please call **715-623-9251** or **715-623-9578** to confirm your arrival time.

Aspirus Rhinelander Hospital - Surgery Services

2251 North Shore Dr Rhinelander

Your arrival time is _____. If you have a question about your arrival time or need to reschedule, contact the GI Associates office at **715-847-2558** or **877-442-7762**.

Northwoods Surgery Center

611 Veterans Pky Woodruff

The Northwoods Surgery Center will contact you 1-2 business days before your procedure to confirm your arrival time. If you have not received this call by the business day prior to your procedure, please contact the Northwoods Surgery Center at **715-358-8600** between 9am and 4pm.

➔ **IMPORTANT: ARRANGE FOR A PATIENT REPRESENTATIVE** ←

Before your procedure:

Because you will be receiving sedation, you must have a **Patient Representative (18 yrs or older)** with you when you arrive for your procedure.

Your **Patient Representative must remain on premises** until you are ready to be discharged and then take you home. You **CANNOT** drive yourself home after your procedure. You are not allowed to take a taxi, bus, medi-van service or walk home. You and your representative should allow approximately **2-3 hours total time** at the facility.

Day of procedure:

Bring a detailed list of all medications you are currently taking (including vitamins and over-the-counter medications). If you have an Advance Directive, please bring a copy with you.

Do not bring valuables to your procedure or wear excessive jewelry. Remove any body piercings.

Note: You may be asked to remove any dentures/bridges prior to being sedated for your procedure.

**IF YOU DO NOT HAVE A PATIENT REPRESENTATIVE WITH YOU,
YOUR PROCEDURE WILL BE POSTPONED.**

During your procedure:

Once you begin to receive sedation medications, you are impaired and are unable to make even simple decisions for yourself. If questions arise or if a complication occurs during the procedure, the physician (or nurse) may need to speak with your **Patient Representative** immediately.

After your procedure:

Prior to discharge, you will receive information for post-procedure care, how to contact your physician, if needed, and a summary of your procedure findings. Since patients who receive sedation may remain memory-impaired for some time after the procedure, your **Patient Representative** will need to witness the discussion with the physician post-procedure so they are able to provide direction to you once you have arrived at home.

**If you have any questions before or after the procedure,
please call our office at 715-847-2558 or 877-442-7762.**

HERE'S HOW TO PREP

5 Days Before Your Procedure:

You may continue all prescription medications and/or supplements except for those listed OR modified below:

- _____
- _____
- _____
- Decrease aspirin to 81 mg daily
- Hold iron supplement

2 Days Before Your Procedure:

NO RED MEAT (e.g. NO beef, pork or venison). Chicken or fish is OK.

Stop eating seeds, popcorn, nuts, corn, whole grains, high fiber cereals and any fiber supplements (e.g. NO fiber pills, powders or wafers).

Properly hydrate by drinking more CLEAR LIQUIDS (see list)

Addtl Instructions: _____

- 8:00 PM** Drink 10-oz bottle of magnesium citrate
 -or-
 Mix 2 capfuls of MiraLAX in 16 ounces of liquid and drink over the next hour.

1 Day Before Your Procedure:

FOLLOW A LOW RESIDUE DIET (SEE LIST)
***** NO RED OR PURPLE PRODUCTS *****

- 3:00 PM** Take 2 Dulcolax (bisacodyl) tablets with water.
- 5:00 PM BEGIN CLEAR LIQUID DIET** (no more solid food) **UNTIL THE TIME LISTED UNDER "Your Procedure Day" BELOW**

Mix the entire 238-gram bottle (14 capfuls) of MiraLAX with 64 ounces of your chosen sports drink(s). Drink ½ of the solution (32 ounces) over the next hour. Store the remainder of the solution in the refrigerator. Drink at least 16-24 ounces of clear liquids throughout the rest of the evening.

- Take ½ dose of your regular evening diabetic medication(s).
 -OR- Contact your PCP or endocrinologist for advisement.

With the exception of any blood thinners or diabetic medications already addressed, you may take your regular, evening medications.

If your arrival time is between 6 AM and 9 AM:

- 10:00 PM** Finish drinking the rest of the prep solution over the next hour. You may continue to drink clear liquids until the time indicated below. See **option #1**

If your arrival time is scheduled after 9 AM:

See **option #2**

Your Procedure Day:

- Do not take any diabetic medication(s) this morning.
 - OR - Contact your PCP or endocrinologist for advisement.
(With the exception of any blood thinners or diabetic medications already addressed, you may take any other necessary prescription medications with small sips of water.)

#1 If your arrival time is scheduled between 6-9 AM:

At _____ (two hours prior to your scheduled arrival time), **stop drinking clear liquids. Then nothing to drink or eat and no hard candy, cough drops or gum until after your procedure!**

#2 If your arrival time is scheduled after 9 AM:

At _____ (three hours prior to your scheduled arrival time), finish drinking the rest of the prep solution over the next hour, until the solution is gone. **Then nothing to drink or eat and no hard candy, cough drops or gum until after your procedure!**

Helpful Tips:

Stay home once you have started your prep. The use of moist wipes may help to lessen discomfort. A nonprescription hydrocortisone cream may also be soothing when applied to the rectal area after each bowel movement.

It is common during the prep to experience some nausea, bloating, and/or abdominal distention. If you chilled the prep solution, you could experience chills from consuming so much cold liquid in a short time. If you feel nauseated or vomit, slow down the rate at which you drink the solution. (Please attempt to drink all of the laxative solution even if it takes you longer.)

The end result of your prep should be a clear or yellowish liquid stool. (If there is any cloudiness to your liquid stool, your bowel prep is not complete.) Make note of the color of your last bowel movement, as the admitting nurse will ask you for this information upon your arrival. If you are not adequately prepped, you may receive an enema upon arrival for your procedure.

The morning of your procedure, no hard candy, cough drops or gum.

Please arrive promptly at your designated arrival time. (Note: Upon arrival, a urine pregnancy test will be recommended for every woman of child-bearing age.)

LOW RESIDUE DIET

BREAD, PASTA, RICE, PANCAKES, OTHER STARCHY FOODS (limited to the following):

White bread, biscuits, plain saltine crackers, white pasta, white rice, cream of wheat, white pancakes, cornflakes, cooked potatoes without skin

MILK, DAIRY (limited to the following): White milk, cheese, cottage cheese, smooth yogurt and ice cream WITHOUT seeds or nuts or chunks of fruit

FRUIT (limited to the following): RIPE banana or nectarine, peach, apricot, papaya, SOFT honeydew or cantaloupe, COOKED or CANNED fruit without skin or seeds, applesauce. **DO NOT EAT:** raw or dried fruit, berries of any type, raisins, pineapple, prunes

VEGETABLES (limited to the following): WELL-COOKED or CANNED VEGETABLES limited to eggplant, green and wax beans, carrots, yellow squash, or pumpkin

MEATS AND PROTEIN (limited to the following): Tender, well-cooked turkey, eggs, tofu, creamy peanut butter

FATS, OILS, SAUCES, CONDIMENTS (limited to the following): Butter, margarine, oils, whipped cream, sour cream, mayo, plain gravy, ketchup and mustard

OTHER CHOICES (limited to the following): Plain gelatin, plain pudding, plain pretzels, honey, syrup, drinks including tea, coffee and soda



Clear Liquid Diet No Red or Purple, No Alcohol

Clear Broths or Bouillon

Clear Juices

Apple or White Grape (NO pulp)

Black Coffee and Tea

NO dairy/creamer/sugar

Jello

Gelatin (NOT Pudding)

Popsicles

(NO milk or added fruit)

Powdered Drinks

Soda

(Diet or Regular)

Sports Drinks

Water/Vitamin Water



Colonoscopy Prep Shopping List:



Purchase the following items at your local pharmacy and/or grocery:

- Magnesium citrate

10-ounce bottle (1)



- Dulcolax® laxative tablets (bisacodyl)
5-mg tablets (2)



- MiraLAX® (polyethylene glycol 3350)
238-gram bottle (1)



- 64 ounces** of a sports drink
NO RED OR PURPLE
 - Gatorade® or Powerade®
 - G2® or Powerade Zero™
 - Propel® Electrolyte Water

