Tips for Colonoscopy

You can do this! And we're here to help.

<u>Please be sure you have a ride!</u> We cannot sedate you if you don't have a ride (and we will confirm this when you arrive). You need someone to go with you even if you take a taxi home.

An intake nurse will call you before the procedure to go over any questions or special situations, such as if you take:

- Diabetes pills or insulin
- Blood thinners, like Coumadin/Warfarin or Plavix.
- Weight loss drugs or stimulants
- Pain medications, such as narcotics
- Sleeping pills or anxiety medications, such as benzos
- If you have a heart valve, pacemaker, or defibrillator
- If you are pregnant or are breastfeeding.

What to avoid 5 days before your colonoscopy

- Iron supplements or fish oil*
- Corn, nuts, seeds, or popcorn*
- Foods containing Olestra (Wow potato chips, Pringles)*
 DO NOT stop blood pressure meds or aspirin unless told to.
- * Don't worry if you missed this. We won't cancel your procedure!

What is a clear liquid?

Anything you can see through (No red, blue, or purple please):

- Chicken, beef or vegetable broth or bouillon cubes
- Crystal Light, sparkling water, or sports drinks
- Jello, Popsicles (without fruit), Italian ice
- Apple, white cranberry, or white grape juice
- Ginger-Ale, 7-Up, Sierra Mist
- Tea or coffee without milk/cream



If you get bloated, slow down and try walking.

Sip the prep through a straw or put it on ice.

Sucking on hard candies can help with the taste.

Dab, don't wipe to avoid irritation.

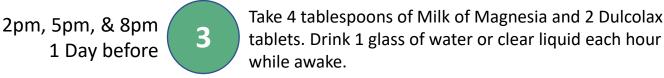
If the prep isn't working well (your BMs aren't clear), you can get a 10oz bottle of Magnesium Citrate (rarely needed).

If you are still not clear, call the office after 7am (we can always push back your procedure.)

Do the best you can. We'll take care of the rest!

Single Day MOM Prep

Date: Arrival T	ime: Procedure Time:
Buy before the procedur	' <u>e:</u>
stimulant laxatives (14 pi	nesia (12 ounces, any brand), 1 package of Dulcolax Ils, not the stool softeners), 1 small package of Gax-X least 3 tablets. Any sports drink (64 ounces)
2 Days before 1	ke 2 tablespoons of MOM at bedtime.
Before 10am 1 Day before	You can have a light breakfast before 10am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits and veggies. Clear liquids only after 10am.



- 5 hours before procedure

 Take 4 tablespoons of MOM and 2 Dulcolax tablets and 3 chewable Gas-X tablets. Drink at least 1 glass of water or clear liquid every hour.
- 4 hours before procedure 5 Do not drink any liquids 4 hours before your procedure (except any pills with a few sips of water if needed).

Two Day MOM Prep

Date:	Arrival Time: _	Procedure Tir	me:
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Buy before the procedure:

2 bottles of Milk of Magnesia (12 ounces, any brand), 1 package of Dulcolax stimulant laxatives (14 pills, not the stool softeners), 1 small package of Gax-X (Simethicone 125mg), at least 3 tablets. Any sports drink (64 ounces).



Take 2 tablespoons of MOM at bedtime.

Before 10am 2 Day before



You can have a light breakfast before 10am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits and veggies. Stay on "full liquids" for the day (pudding, yogurt, soup, ice cream allowed).

2pm, 5pm, & 8pm 2 Days before



Take 4 tablespoons of MOM and 2 Dulcolax tablets. Drink at least 1 glass of water or clear liquid every hour.

2pm, 5pm, & 8pm 1 Day before



Take 4 tablespoons of MOM and 2 Dulcolax tablets. Drink at least 1 glass of water every hour. Stay on "clear liquids" after 10am (no more pudding, yogurt, soup, or ice cream now... clear liquids only!)

5 hours before procedure



Take 4 tablespoons of MOM and 2 Dulcolax tablets and 3 chewable Gas-X tablets. Drink at least 1 glass of water or clear liquid every hour.

4 hours before procedure



Do not drink any liquids 4 hours before your procedure (except any pills with a few sips of water if needed).

Single Day Miralax Prep

Date:	Arrival Time:	Procedure Time:

Buy before the procedure:

1 Bottle of Miralax (238 grams), 1 Bottle of Gatorade (or PowerAde or iced tea) (Avoid red, blue or purple), 4 Dulcolax tablets (not the stool softener), 1 small package of Gax-X (Simethicone 125mg), at least 3 tablets.



Mix the bottle of Miralax powder in 64 oz. of Gatorade (or Powerade). Shake well and refrigerate.



You can have a light breakfast before 10am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits and veggies. Clear liquids only after 10am.



Take 2 Dulcolax tablets with 8 oz. of water. Drink 1 glass of water every hour.



Drink 1 glass of the MiraLAX/Gatorade solution and 1 glass of water every 15 minutes until you have finished the first half of the 64oz bottle. Continue drinking 1 glass of water or clear liquid every hour.



Take 2 Dulcolax tablets and 3 Chewable Gas-X Tablets. Continue drinking 1 glass of water or clear liquid every hour while awake.



Drink 1 glass of the MiraLAX/Gatorade solution and 1 glass of water every 15 minutes until you have finished the second half of the 64oz bottle. Do not drink any liquids 4 hours before your procedure (except any pills with a few sips of water if needed).

Two Day Miralax Prep

Date: Arr	ival Time:	Procedure Time:
Buy before the prod	cedure:	
PowerAde, avoid re	d, blue or purple	h), 2 Bottles of Gatorade (64oz each) (or e), 4 Dulcolax tablets (not the stool (Simethicone 125mg), at least 3 tablets.
2 Days before 1	Powerade). breakfast be	the of Miralax powder in 64 oz. of Gatorade (or Shake well and refrigerate. You can have a light efore 10am, such as eggs, white toast, or yogurt. e grains, nuts, fruits and veggies.
Noon 2 Days before	liquids" (p	ulcolax tablets and a glass of water. Stay on "full pudding, yogurt, soup, ice cream). Drink 1 glass of clear liquid every hour while awake.
5pm 2 Days before	glass of	glass of the MiraLAX/Gatorade solution and 1 water every 15 minutes until you have finished ire first bottle (64oz). Take 2 Dulcolax at bedtime.
10am-noon Day before	yogur Take	on "clear liquids" after 10am (no more pudding, rt, soup, or ice cream now clear liquids only!) 2 Dulcolax tablets at noon and continue drinking ss of water or clear liquid every hour while awake.
5pm Day before	5 glass o	1 glass of the MiraLAX/Gatorade solution and 1 of water every 15 minutes until you have finished the 2 nd bottle (32oz). Put the rest in the fridge.
7pm Day before	h	Dulcolax tablets and 3 chewable Gas-X. Continue ng 1 glass of water or clear liquid every hour while .

5 hours before

procedure '

Drink the remaining half of the 2nd bottle of the MiraLAX/

Gatorade solution (32oz). Do not drink any liquids 4 hours

before your procedure (pills are okay with a few sips of water).

Multi-Day Miralax/Golytely Prep

Date: _____ Arrival Time: ____ Procedure Time: ____

Pick up before the pro-	cedure:
avoid red, blue or purp), 1 bottle of Miralax, 2 Gatorades (64oz) (or PowerAde, le), 4 Dulcolax tablets (not the stool softener), 1 small ethicone 125mg), at least 3 tablets.
5, 4, 3, & 2 Days before	Mix the 2 capfuls of Miralax powder in 32oz. of Gatorade (or Powerade) each day for 4 days before the procedure.
Before 10am Day before	You can have a light breakfast before 10am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits and veggies. Take 2 Dulcolax tablets and a glass of water at 10am. Clear liquids only after 10am.
4pm Day before	Start drinking 1 glass of Golytely/Nulytely every 15 minutes until you have finished half of the container. If you get nauseated or bloated, stop drinking and lay on your right side until symptoms are relieved.

Take 3 Gas-X tablets.

4 hours before the procedure

7pm or 5 hours

before the

procedure

5

4

Do not drink any liquids 4 hours before your procedure (except any pills with a few sips of water if needed).

you have finished the second half of the container.

Drink 1 glass of Golytely/Nulytely every 15 minutes until

Suprep Instructions

Date:	Arrival Time:	Procedure Time:

Pick up Suprep from your pharmacy!

For your own comfort, consider also buying:

A small package of Gax-X (Simethicone 125mg) and soft wipes

Morning before 1

You can have a light breakfast before 10am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits and veggies.

5pm Day before

Pour 1 bottle of Suprep liquid into the mixing container. Add cool water to the 16-ounce line. Drink the whole container.

6pm Day before

Drink 2 glasses of water, then 1 glass of water or clear liquids every hour while awake

5 hrs before procedure

Repeat step 2: Pour 1 bottle of Suprep liquid into the mixing container, add cool water to the 16-ounce line, and drink the whole container.

4 hrs before procedure

5

Do not drink any liquids 4 hours before your procedure (except any pills with a few sips of water if needed).

Golytely/Nulytely Prep

Date: Procedure Time: Procedure Time	ie:
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Pick up Golytely/Nulytely from your pharmacy!

For your own comfort, consider also buying:

A small package of Gax-X (Simethicone 125mg) and soft wipes



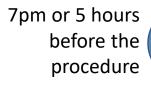
Mix up the Golytely/Nulytely prep as instructed, filling the container to the fill line with cool water and refrigerate.



You can have a light breakfast before 10am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits and veggies. Clear liquids only after 10am.



Start drinking 1 glass of Golytely/Nulytely every 15 minutes until you have finished half of the container. If you get nauseated, stop drinking and lay on your right side until better. Drink 1 glass of water or clear liquid every hour while awake.



4

Drink 1 glass of Golytely/Nulytely every 15 minutes until you have finished the second half of the container. Take 3 Gas-X tablets.



Do not drink any liquids 4 hours before your procedure (except any pills with a few sips of water if needed).

Sigmoidoscopy Instructions



What to Expect:

On the day of the exam, you will be given medicine through an IV that will keep you comfortable during the exam. You may NOT drive until the next day. You MUST have a driver or someone to ride with you in a taxi or bus. Your stay with us will be 2-3 hours total. If you do not have a driver or companion, your procedure will be cancelled.

You will receive a call from our intake department before your procedure to review medical information with you. Please complete any enclosed forms as soon as possible and return to 155 Fore River Parkway, Portland, ME 04102.

Upper Endoscopy Instructions



What to Expect:

You have been scheduled for an esophagogastroduodenoscopy (EGD). The doctor will look at your esophagus (food pipe), stomach and the beginning of the small bowel.

On the day of the exam, you will be given medicine through an IV that will keep you comfortable during the exam. You may NOT drive until the next day. You MUST have a driver or someone to ride with you in a taxi or bus. Your stay with us will be 2-3 hours total. If you do not have a driver or companion, your procedure will be cancelled.

You will receive a call from our intake department before your procedure to review medical information with you. Please complete any enclosed forms as soon as possible and return to 155 Fore River Parkway, Portland, ME 04102.