

### About a colonoscopy

A colonoscopy is an examination of the lining of the colon using a colonoscope which is a long, thin, flexible tube with a tiny video camera and light at the end. If growths (polyps) or other abnormalities are found, the physician may remove the abnormal tissue for closer examination or biopsy. Your colon will need to be cleansed thoroughly to complete the procedure. It is very important that you follow the instructions in this brochure.

You will be given an intravenous (IV) line through which sedative medications will be given.



### About an EGD

EGD (esophagogastroduodenoscopy) is a procedure performed by a gastroenterologist to diagnose and, in some cases, treat problems of the upper digestive system. The endoscope is a long, thin, flexible tube with a tiny video camera and light on the end. By adjusting the various controls on the endoscope, the gastroenterologist can safely guide the instrument to carefully examine the inside lining of the upper digestive system.

Upper endoscopy can be helpful in the evaluation or diagnosis of various problems including difficult or painful swallowing, pain in the stomach or abdomen, bleeding, ulcers and tumors. Instruments can be passed through the endoscope to obtain tissue samples, coagulate (stop) bleeding sites, dilate or stretch a narrowed area, or perform other treatments.

### Planning for other medical conditions

A registered nurse will call you prior to your procedure to go over your health history and medications.

#### Please contact your prescribing provider if you:

- Take Coumadin, Plavix, or another blood thinning medication. You may be placed on a different blood thinner until your procedure.
- Have diabetes and use any medications to control your blood sugar. Your primary care provider may instruct you to adjust your medication the day before and the day of your colonoscopy. Continue to monitor your blood sugar as usual.

#### Get Ready for your procedure with Northern Light's GetWell Loop

We use Northern Light Health's GetWell Loop to stay connected before and after your procedure. This tool provides you with checklists to help make sure you're ready for the day of your procedure. It also keeps your healthcare team up to date on your recovery. Skip the phone call and confirm your procedure, get your arrival time, and get your questions answered through this interactive tool!

Northern Light Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, ethnicity, age, mental or physical ability or disability, political affiliation, religion, culture, socio-economic status, genetic information, veteran status, sexual orientation, sex, gender, gender identity or expression, or language.

French: ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement.  
Appelez le 1-888-986-6341 (ATS: 711)

Spanish: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.  
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Eastern Maine Medical Center

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## Preparing for your colonoscopy and upper endoscopy with an extended prep

We want to make you as comfortable as possible during your procedures. We know it can be difficult, and we want to make sure you are prepared to have the best results. Here is a helpful guide to get ready for your procedure.

You have been scheduled for procedures with:

\_\_\_\_\_  
Physician name

There are circumstances in which your physician may change on the day of your procedure.

Date \_\_\_\_\_

Arrival times are given seven days before your procedure. Any time given to you before that point is subject to change.

If you have any question or concerns, please call us! Your procedure is scheduled through:

- Gastroenterology** - 207.973.4266, Option 2
- Surgical Specialists** - 207.973.8881

Location for your procedures

Please arrive at **Northern Light Endoscopy**, located on the third floor of the Kagan Parking Garage, 489 State Street, Bangor, ME 04401

# Instructions and preparation

Please follow these instructions carefully to avoid having to reschedule your appointment.

## Ten Days Before Your Procedures

- Purchase the following from your pharmacy:**
  - Two 238 gram bottles of Miralax
  - One 119 gram bottle of Miralax
  - Eight Dulcolax tablets (5 mg)
  - A 64 oz. bottle of Gatorade (not red, blue, or purple)
  - Assorted clear liquids

## Seven Days Before Your Procedures

- At 6 pm**
  - Drink 17 grams of Miralax mixed with 8 oz of water or other clear liquid. Repeat for the next four evenings.

## Five Days Before Your Procedures

- Stop taking the following:**
  - Ibuprofen, Advil, or any other NSAID (non-steroidal anti-inflammatory drug)
  - Fish Oil
  - Pepto Bismol
  - Iron supplements or multivitamins with iron
  - Fiber supplements
  - Food with seeds or nuts, including strawberries, tomatoes, and bananas

**You may remain on:** 81mg of aspirin

## Two Days Before Your Procedures

- Do not eat solid foods.** Drink clear liquids only. Drink nothing red, blue, or purple. Clear liquids include:
  - Water
  - Popsicles
  - Clear fruit juices such as apple or white grape
  - Coffee or tea without cream or dairy
  - Gatorade
  - Soft drinks, lemonade, iced tea, and crystal light
  - Plain flavored or unflavored Jell-O (no red, blue, or purple)
- At 1 pm**
  - Take two Dulcolax tablets
- At 5 pm**
  - Mix 238 gram bottle of Miralax with 64 oz of Gatorade
  - Divide solution, placing half in refrigerator
  - With the other half, drink an 8 oz glass every 10 - 20 minutes until gone
- At 9 pm**
  - Take two Dulcolax tablets

## One Day Before Your Procedures

- Do not eat solid foods.** Drink clear liquids only.
- At 6 am**
  - Finish drinking the Miralax solution
  - Drink an 8 oz glass every 10 - 20 minutes until gone.
- At 1 pm**
  - Take two Dulcolax tablets
- At 5 pm**
  - Mix 238 gram bottle of Miralax with 64 oz of Gatorade.
  - Divide solution, placing half in refrigerator
  - With the other half, drink an 8 oz glass every 10 - 20 minutes until gone.
- At 9 pm**
  - Take 2 Dulcolax tablets

## The Day Of Your Procedures

- Do not eat solid foods.** Drink clear liquids only until two hours prior to your scheduled arrival.
- Six hours before your arrival time**
  - Finish drinking the Miralax solution
  - Drink an 8 oz glass every 10 - 20 minutes until gone.
- Two hours before your arrival time**
  - Stop all liquids

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