

Trinity Health Gastroenterology Same Day Surgery

Trinity Hospital

2305 37th Ave SW

Minot, ND 58701

Call: 701-857-7437 or Toll Free 1-800-598-1205 Ext 7437

Colonoscopy/Sigmoidoscopy

Date of Procedure: _____

ARRIVAL TIME: _____

Physician _____

- A nurse from Trinity Preadmissions may be **calling** you before your scheduled procedure to update your health history and medication list. **It is very important that you read the accompanying information about your upcoming procedure.**
- Review and keep the instructions so that you can have any questions answered before your procedure
- Check with your insurance company if you have any concerns regarding insurance coverage for this test.
- If you are receiving sedation for your procedure:
 - Arrange for a responsible adult, age 18 or older, to drive you home from your procedure. If you do not have a driver your procedure will be canceled.
 - **If your driver does not stay with you during your procedure, they must be available to return at any time.** Your driver must come to the clinic and drive you home.
 - If you come by van, taxi, bus, or walk; a family member or friend must accompany you home. We CANNOT discharge you alone.
 - Driving a car, operating any machinery or power tool is **Prohibited** for **24** hours after your procedure

Pediatric Patients: Patient's Under Age 18 Years

- A parent or legal guardian **must remain** at the Trinity Health Gastroenterology Same Day Surgery Dept. the entire time that the pediatric patient is here.
- We recommend 2 adults accompany the pediatric patient on the drive home. One adult to drive and one to care for the patient.
- Expect your child to be sleepy and emotional for the remainder of the day.
- Do not bring other siblings with you to the patient's appointment.
- If two children in the family are having a procedure, two adults need to be present.

If you have questions call 701-418-7080. If you need to reschedule, call 701-857-7437.

2 Day Colonoscopy Bowel Preparation Instructions Nulytely or Golytely

14 Days Before the Procedure

- **If you take** Glucagon-like peptide-1 receptor agonists (Ozempic, Trulicity, Rybelsus, Bydureon BCise, Byetta, Victoza, Adlyxin, Mounjaro) for either weight loss or diabetes, **Stop** taking **TWO WEEKS** prior to your procedure. This applies to both the weekly injections AND if taking a daily dose.
 - If taking for diabetes, **consult with your Primary Care provider** to manage antidiabetic therapy and hyperglycemia.

5 Days Before the Procedure

- **If you take** Aggrenox (Aspirin/Dipyridamole), Brilinta (Ticagrelor), Coumadin (Warfarin), Effient (Prasugrel), Eliquis (Apixaban), Plavix (Clopidogrel), Pletal (Cilostazol), Pradaxa (Dabigatran), Savaysa (Edoxaban), or Xarelto (Rivaroxaban), **call the prescribing physician for instructions about stopping this medication before your colonoscopy. It is not safe to stop these medications without your doctor's advice.**
- **Do not stop taking Aspirin.**
- If you take fiber supplements or any other medications containing iron, discontinue taking those medications **5 days** before your scheduled appointment. This includes multivitamins with iron.
- **Do not** eat any peas, corn, peanuts, or nuts until after your procedure.
- Avoid food that contains Olestra (an oil substitute).
- Obtain Plain or Aloe Baby wipes or Vaseline if needed for soreness. If you have hemorrhoids, you can use Tucks.
- Your prescription has been sent electronically to your pharmacy. Call ahead to your pharmacy before going to pick it up.
- Purchase your prep components: (available over the counter):
 - Dulcolax** (Bisacodyl) tablets (you will need 2)
 - MiraLAX** (polyethylene glycol) 14 dose size container (8.3oz/238 gm)
 - Trinity Outpatient Pharmacy and KeyCare Pharmacy offer a kit that includes the Dulcolax (bisacodyl) tablets needed for this prep in addition to the MiraLAX (polyethylene glycol).
 - You may go to any pharmacy for your prep supplies, but make sure you obtain all the components necessary for this prep.
 - These preparations do not require a prescription and cannot be billed to insurance. (Medicaid patients, check with your pharmacist as some Medicaid plans may cover it.)
- **2 quarts** (64 ounces) **of Gatorade or Crystal Light** (not red or purple colored) or **water**. This is to mix with the MiraLAX (polyethylene glycol) powder. Do not mix with the liquid until the afternoon before your procedure.

2 Days Before the Procedure

- Begin a Clear Liquid Diet when you wake up - [See Diet Sheet](#)
- Do not drink any red or purple liquids
- No alcohol
- **No gum**
- Drink 8 to 10 glasses of liquid throughout the day. You can continue to drink clear liquids up until midnight prior to the day of your procedure.
- **3:00 pm:** Take 2 Dulcolax (bisacodyl) tablets
- **5:00 pm:** Mix 64 ounces of Gatorade, Crystal Light (not red or purple) or water with the 14-dose size container (8.3oz/238 grams) of MiraLAX (polyethylene glycol) laxative powder in a large pitcher
- **Do Not** chill this prep. Drinking chilled prep solution may induce intestinal spasms causing cramping and nausea
- Drink 8 ounces of the mixture every 10 minutes until half of it is gone (32 ounces)
- If you become nauseated or too full, take a short break then restart drinking the prep solution at a slower pace
- If you have diabetes take your medications as directed by your doctor
- Check your blood sugar more often during the day. Treat low blood sugar with apple juice, regular soda pop or any clear liquid that contains sugar
- **10:00 pm:** Drink the second half of the prep mixture, 8 ounces every 10 minutes until it is gone (32 ounces). If you become nauseated or too full, take a short break then restart drinking the prep solution at a slower pace.

1 Day Before the Procedure

- Continue a Clear Liquid Diet when you wake up - See Clear Liquid Diet Sheet
- **Take Dulcolax 5 mg, 2 tablets in the morning.** (Not included in the Prep Packet) can be purchased at any Pharmacy or retail store OTC (over the counter).
- Do not drink any red or purple liquids.
- No alcohol.
- Drink 8 to 10 glasses of liquid throughout the day. You can continue to drink clear liquids up until midnight prior to the day of your procedure.
- **3:00 pm: take Colace 1 Tablet.** (Not included in the Prep Packet) can be purchased in any Pharmacy or retail store OTC (over the counter).
- **5:30 pm:** Mix prep solution according to package directions. **Do Not** chill this prep solution. Drinking chilled prep solution may induce intestinal spasms causing cramping and

nausea.

- Drink one glass of the mixture every 10 minutes until half of it is gone.
- If you become nauseated or too full, take a short break then restart drinking the prep solution at a slower pace.
- **If you have diabetes take your medications as directed by your doctor**

Check your blood sugar more often during the day. Treat low blood sugar with apple juice, regular soda pop or any clear liquid that contains sugar.

Day of the Procedure

- **5 hours before your arrival time:** Drink the second half of the prep solution. 1 glass every 10 minutes until it is gone. Finish the final glass of prep solution **3 hours before** your arrival time. If you become nauseated or too full, take a short break then restart drinking the prep solution at a slower pace.
- Your stool should be watery, like urine. **If your stool is formed or liquid brown, call 701-418-8730 and reschedule your appointment.**
- Take your routine morning medications (**except your oral diabetic medication**) with a sip of water.
- **Do Not** eat or drink any other liquids.
- **No Chewing Tobacco, Gum, Candy, Cough Drops, or Mints.**
- **If you eat food, drink liquids, chew tobacco or gum or eat candy / cough drops / mints on the day of your procedure, it will be postponed or cancelled.**
- Brush your teeth but **Do Not** swallow any water.
- Do not apply nail polish, lotion, or powder on the day of your procedure. You may apply deodorant.
- Do not wear any jewelry or body piercings to the procedure.
- Report to the registration desk 1st floor Trinity Hospital at the scheduled arrival time with your responsible adult.
- The approximate pick-up time is **3 hours** after your arrival time, **this may be sooner.** Your escort should be able to pick you up **within 30 minutes** after we call.

Clear Liquid Diet for Gastroenterology Procedures

Foods Allowed:

- Water
- Tea or Coffee (without creamer or milk)
- Broth, bouillon, or consommé
- Flavored water (no red or purple dyes)
- Clear soda
- Apple juice
- Crystal light (no red or purple dyes)
- Lemonade (strained, no pulp)
- White Cranberry Juice
- White Grape Juice
- Gelatin (without fruit, no red or purple dyes)
- Italian Ice not Sherbet (no red or purple dyes)
- Sports drinks (no red or purple dyes)
- Popsicles (no red or purple dyes)

Foods to avoid:

- Avoid Milk and Milk Products
- Avoid all Solid Food
- Avoid Tomato or Cream Soups
- Avoid foods that contain **Red or Purple dye**

Diabetic Information Sheet for Gastroenterology Procedures

If you have diabetes, any procedure that causes you to miss a meal or change your usual meal plan requires special planning to safely manage blood glucose levels

- Check your blood glucose level before all meals and at bedtime on the procedure preparation day and on the day of your procedure
- Check your blood glucose at any time you experience any symptoms of **low blood sugar:** hunger, shakiness, nervousness, sweating, dizziness, sleepiness, confusion, difficulty speaking, anxiety, weakness or
- Check your blood glucose at any time you experience any symptoms of **very high blood sugar:** dry mouth, thirst, frequent urination, blurry vision, fatigue, drowsiness, weight loss, increased appetite
- Schedule the procedure appointment early in the day so that you can eat after it and take your medication as close to the usual times as possible
- Call: **701-418-7080** for any prep related questions
- The day before the procedure you will be on a **Clear Liquid Diet**
- The Clear Liquids should not contain **red** or **purple** dyes

Aim for 45 grams of carbohydrates at meals and 15-30 grams of carbohydrates for snacks

Food Items without Carbohydrates

- Fat-free broth, bouillon, or consommé
- Diet clear soda
- Coffee
- Tea, unsweetened or diet
- Seltzer, Flavored water

Food Items with Carbohydrates

- Apple Juice (4 oz) -- 15 grams carbohydrate
- White Grape Juice (4 oz) -- 20 grams carbohydrate
- Sports Drinks (8 oz) -- 14 grams carbohydrate
- Jell-O, Regular, Sweetened -- 15 grams carbohydrate
- Popsicles (refer to product label -- 15 grams carbohydrate
- Italian Ice not Sherbet (refer to product label) -- 30 grams carbohydrate
- Sugar (1 teaspoon or packet) -- 4 grams carbohydrate

