



Department of Gastroenterology Endoscopy

715 N. Weber

Colorado Springs, CO 80903

Phone: 1-719-473-6115 | Fax: 719-473-6886

Absolutely **no** liquids 4 hours prior to your procedure.

*Failure to follow these dietary instructions can result in a cancellation or reschedule of your procedure.

Ordering provider: Dr. Jayme Tishon Ben Hicks, PA Justin Kidd, PA Other

Facility: Optum Endoscopy
715 N. Weber
Colorado Springs, CO 80903

Patient's name:

Doctor: Dr. Tishon Procedure date: _____ / _____ / _____

Check-in time: _____ : _____ a.m. p.m. Procedure time: _____ : _____ a.m. p.m.

MiraLax® *Two Day Prep*

Preparation for the procedure

1. Please return any paperwork 2 weeks before your procedure.
2. Please read all instructions at least 7 days before your procedure.
3. You will need to purchase:
 - a. Dulcolax®, and Gas-X®. You will need 4 tablets of each. Store brand is acceptable.
 - b. Two (2) bottle of MiraLAX® or Polyethylene Glycol 238 or 255 gram powder
 - c. Four (4) 32 oz bottle (total of 256 oz) of Gatorade®, Powerade®, or Pedialyte® (no blue, orange, red, or purple)
4. To visualize your intestinal tract properly, the colon **must** be clean. It is absolutely necessary that you complete the following preparation with no changes, unless specified by your physician.
5. You must be accompanied by a responsible adult to drive you home. (Bus, taxi or Uber/Lyft-type services are not acceptable, unless accompanied by a friend or family member.)
6. If you have a fever on the day of your procedure or develop an active, contagious infection such as MRSA or chicken pox, please call the facility prior to leaving home.

Five days before the procedure

1. **Follow a low fiber diet.**
2. **Do not eat nuts or use oil-based laxatives.**
3. You may continue all your regular medications **except** those listed below. You **must** stop the following medication 5 days prior to your procedure:
 - a. **Blood thinners:** Aleve®, Motrin products
 - b. **Iron, Fish oil**
 - c. **Plavix® (as advised by your physician)**
 - d. **Xarelto® (as advised by your physician)**
 - e. **Coumadin® (Warfarin®) (as advised by your physician)**
 - f. **Aggrenox® (as advised by your physician)**

****Aspirin 81mg is okay and we request you continue taking Aspirin that is a part of your medication routine.**

****Tylenol® is okay.**

****It is imperative you continue taking all medications as it pertains to heart, high blood pressure, chronic pain, or thyroid. These can be taken 2 hours prior to your procedure with a small sip of water.**

Two days before the procedure

- **Morning**
 1. Eat a light breakfast. Then clear liquids for the rest of the day.
- **4:00pm**
 1. Take 2 **Dulcolax**[®] tablets & 2 **Gas-X**[®].
- **5:00pm - 6:00pm:**
 1. Mix 7 capfuls (1/2 bottle) of MiraLAX[®] with 32 oz of Gatorade[®], Powerade[®] or Pedialyte[®].
 2. Drink 1 8oz glass of MiraLAX[®] solution every 15 – 20 minutes until gone or as quickly as you can tolerate it.
 3. Make sure you walk around in between drinking the solution, this helps prevent nausea, bloating and will help facilitate the solution to move through your system.
 4. Continue to drink plenty of clear liquids during and after drinking the solution.

One day before the procedure

- **Morning:**

Clear liquids only, all day (see below list of acceptable items), no solid foods, milk, or milk products. To stay hydrated and help with the effectiveness of the prep, be sure to drink at least 1 cup of clear liquid every hour unless you are on a fluid restriction.

****The following clear liquids are appropriate. Do not drink anything colored red, blue, green, or purple:**

- Juices without pulp (apple, white grape, lemonade)
 - Water
 - Clear broth or bouillon (low sodium)
 - Coffee or tea (without milk or non-dairy creamer)
 - Gatorade[®], Powerade[®], Pedialyte[®]
 - Carbonated and non-carbonated soft drinks such as 7-up[®], Sprite[®], Ginger Ale – **(No Coke[®], Pepsi[®] or colored sodas)**
 - Kool-Aid[®] (or other fruit flavored drinks)
 - Plain Jell-O[®] (without added fruits or toppings)
 - Ice pops (yellow, orange and pink are acceptable)
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- **9:00am-10:00am**
 1. Mix 7 capfuls (1/2 bottle) of MiraLAX[®] with 32 oz of Gatorade[®], Powerade[®] or Pedialyte[®].
 2. Drink 1 8oz glass of MiraLAX[®] solution every 15 – 20 minutes until gone or as quickly as you can tolerate it.
 3. Make sure you walk around in between drinking the solution, this helps prevent nausea, bloating and will help facilitate the solution to move through your system.
 4. Continue to drink plenty of clear liquids during and after drinking the solution.

- **4:00pm - 5:00pm:**
 1. Mix 7 capfuls (1/2 bottle) of MiraLAX® with 32 oz of Gatorade®, Powerade® or Pedialyte®.
 2. Drink 1 8oz glass of MiraLAX® solution every 15 – 20 minutes until gone or as quickly as you can tolerate it.
 3. Make sure you walk around in between drinking the solution, this helps prevent nausea, bloating and will help facilitate the solution to move through your system.
 4. Continue to drink plenty of clear liquids during and after drinking the solution.
 5. Take 2 **Dulcolax**® tablets & 2 **Gas-X**® after completing the prep.

Day of the procedure

- **6 hours prior to your scheduled procedure** (Example: If procedure is scheduled for 7am, start this process at 1am the morning before. If procedure at 9am, start this at 3am):
 1. Mix another 7 capfuls (1/2 of the bottle) of MiraLAX® with 32 oz of Gatorade®, Powerade® or Pedialyte®.
 2. Drink 1 8oz glass of MiraLAX® solution every 15 – 20 minutes until gone or as quickly as you can tolerate it.
 3. Make sure you walk around in between drinking the solution, this helps prevent nausea, bloating and will help facilitate the solution to move through your system.
 4. Continue to drink plenty of clear liquids during and after drinking the solution.
 - **4 hours prior to your scheduled procedure: Stop drinking. ABSOLUTELY NOTHING TO DRINK 4 hours prior to your procedure.**
 - Do **NOT** stop cardiac, blood pressure, aspirin, or other medication unless your doctor instructs you to stop. These can be taken two hours prior to your procedure with a *small* sip of water.
 - Insulin-dependent diabetics please check with your primary care provider — ½ dose is often recommended. Non-insulin dependent — hold oral dose until after your procedure.
 - Asthmatics — bring inhalers
 - Wear loose, comfortable clothes.
 - Do **NOT** smoke marijuana, cigarettes, pipes, Vape Pens, or E-Cigarettes.
 - **NO** gum, hard candy, cough drops, or chewing tobacco.
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What to expect during your colonoscopy

- Please follow all the prep instructions carefully, so your colon is clean for a proper examination. Your prep may cause nausea, vomiting, dehydration, and abdominal cramping.
- On rare occasions, your prep can cause electrolyte imbalance, cardiac arrhythmia and/or renal failure. To prevent the above symptoms, it is very important to keep well hydrated by drinking plenty of clear fluids before, during, and after the recommended preparation.
- After your initial evaluation by the admitting nurse, an IV will be started. You will then walk to the procedure room, where your vital signs will be monitored throughout the procedure. The medications used for sedation (i.e. Versed™, Fentanyl™, Propofol™) will be injected through the IV that was previously started; this will make you sleep and keep you relaxed during your procedure. You will be asked to lie on your left side. The doctor will then perform a digital examination of your rectum. A colonoscope (a lighted flexible instrument) will be inserted into your rectum and advanced into the entire large intestine (colon). Air will be introduced into the colon to separate the walls for better visualization. This may cause some abdominal discomfort, cramping and an urge to have a bowel movement. This is normal.
- The doctor may obtain a biopsy (a small tissue sample) or remove a polyp (a growth). These samples are sent to a pathologist for further testing. Obtaining biopsies and/or the removal of polyps does not cause any unusual discomfort. You will receive written results from our office within 2 weeks.
- Possible complications of the procedure may include (but are not limited to) reaction to medications, irritation, infection at the IV site, bleeding, or perforation of the hollow organ, which is rare. If such a rupture happens, it may need to be surgically repaired.
- The medications you are given can make you sleepy and/or lethargic; for this reason, you **must** have a ride home. You **must** be accompanied by a friend or relative, 18 years or older, to drive you home. You **may not** drive or go home by taxi, uber, or bus. **This is for your safety.**

Financial Cliff Notes

Please be advised, every procedure will incur three or four (3–4) separate fees that you will receive a bill for:

1. Facility fee – The facility where the procedure is performed.
2. Physician's fee – The GI provider that performed the procedure.
3. Anesthesia fee – For sedation
4. Pathology fee – From the outside laboratory that tests any biopsies taken during your procedure.

If you have any questions, please contact our billing department at 1-719-463-5903 (Monday through Friday 8 a.m. to 5 p.m.)

Frequently asked questions

- 1. What is an ABN form* and why are there 3 of them?** (*Medicare ONLY patients) The ABN form is a federally mandated form from Medicare. There are 3 forms — one is for the physician's charges, one is for the facility charges, and one will be for the anesthesia charges. These are to inform you of the estimated charges for your procedure. You will need to select 1 of the 3 options and sign and date.
- 2. How long does the procedure(s) take?** The colonoscopy will take approximately 15–20 minutes. The EGD (upper scope) will take approximately 10 minutes. ALL times are approximate, depending on the procedures before yours.
- 3. Does my ride have to stay for my procedure?** Yes, we request that your ride be readily available from arrival to discharge
- 4. So how will I know if I am cleaned out for my colonoscopy?** If you are cleaned out, the fluid that you will be passing should be yellow to clear. It should not be any shade of brown or have any stool particles left in it.
- 5. Can I stop the prep, if I am passing yellow to clear fluids; before having finished all the 8 oz. glasses?** No, do not stop. Drink the entire prep.
- 6. What if I am not cleaned out the day of the procedure?** Please, take an enema at home. If the fluid after the enema is still not yellow to clear, we will ask you to do another enema at the time of our arrival in the Endoscopy Center. The nurse will assess the fluid that you are passing. If you are not clean, we may consider rescheduling you for the next day to optimize the success of the colonoscopy.
- 7. When can I eat or drink again?** You will get something to drink in recovery. Once you are discharged, you can usually eat a normal diet right away, unless the doctor tells you otherwise. We recommend starting out with small and easy to digest meals.
- 8. Will my primary care or referring provider get a report as well?** Yes, we will send a written report to any doctor that you would like us to. A copy automatically goes to your referring provider that you have listed on your patient demographic sheet unless you request otherwise.
- 9. Where does my ride park?** There is parking behind the building – you will be discharged through the back of the building. Please take Monument or Dale Street. Go ½ way down the block to the alley. You will see grey awnings on the back of the building that says Digestive Disease Clinic.
- 10. How long will it take to get the results of my pathology (biopsies or polypectomy)?** If a biopsy is performed, it will be sent to pathology for diagnosis. It generally takes 10-14 business days for us to get the results and once the doctor has reviewed the path, you will be contacted by mail or phone. It can take up to 4 weeks for you to get a letter with your results.

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