



Endoscopy Department
1509 29th Street South
Great Falls, MT 59405
www.gfclinic.com
Phone: (406) 771-3511
Fax: (406) 771-3273

Welcome to Great Falls Hospital Endoscopy Department!

To make your procedure as safe and efficient as possible, please review the enclosed information. If you need to cancel or reschedule your procedure, or have questions, please call (406) 771-3511.

- A nurse will call you prior to your procedure to complete the pre-admission questionnaire.
- Please bring a current list of medication and known allergies with you on the day of procedure. A sheet is included in this packet to help you.

Your procedure is scheduled for (date): _____

Please arrive at _____ a.m / p.m

Your procedure provider is: _____

**Location: Great Falls Clinic Surgery Center
1509 29th Street South
Great Falls, Mt 59405**

Colonoscopy

Prior to Procedure:

- 1) Our prior authorization team will work on obtaining procedure authorization through your insurance company. It is still recommended to contact your insurance company to make sure authorization is in place. You may still be responsible for a deductible or co-pay. Plan to bring your insurance card and picture ID with you when checking in for your procedure.
- 2) If you take a blood thinner, such as **Brilinta (ticagrelor)**, **Coumadin (warfarin)**, **Effient (presurgrel)**, **Eliquis (apixaban)**, **Elmiron (pentosan polysulfate sodium)**, **Plavix (clopidogrel)**, **Pletal (cilostazol)**, **Pradaxa (dabigatran)**, **Savaysa (edoxaban)**, **Xarelto (rivaroxaban)**, etc.; please contact your primary care provider or cardiologist for instructions as to when or if you should stop this medication.
- 3) Please stop taking the following medications **5 days prior to your procedure**:
 - a. Aspirin (including low dose 81 mg/Baby Aspirin)
 - b. Ibuprofen, Aleve, Advil, Celebrex, meloxicam, and/or other non-steroidal anti-inflammatory medications.
 - c. Vitamin E
 - d. Iron containing medications including multivitamin with iron.
 - e. Fish Oil
 - f. Wegovy, Mounjaro, Ozempic, Byetta, Victoza, Trulicity, and Rybelsus – **hold 7 days prior to procedure**
 - g. Phentermine – **hold 4 days prior to procedure**
- 4) If you have diabetes, your medication dose may require adjustments. Please contact your prescribing provider for instructions. This includes insulin and oral diabetic medications.
- 5) You will not be able to drive after the procedure or for the remainder of the day. You must have a driver over the age of 18 with you. If using a taxi or similar service, you must have an adult over the age of 18 accompany you. It is recommended that someone stay with you until the next morning. Do not operate machinery, go to work, or sign legal documents for the rest of the day. You should be able to return to work the next day.
- 6) Wear comfortable clothing the day of the procedure. Leave all valuables at home. Bring a case if you wear glasses.

Preparing for your Colonoscopy Procedure

Two days before your procedure:

Eat a low-residue diet. This includes food such as soup, fish, chicken, eggs, white rice, bread, crackers, plain yogurt, pasta, potatoes with no skins, gelatin, broth, and bouillon.

Alternative diet options for low residue diet include apricots (peeled), asparagus tips (well-cooked), beets (well-cooked), cantaloupe (ripe), carrots (peeled and cooked until soft), honeydew melon (ripe), mushrooms (well-cooked), papaya (ripe), peaches (ripe and peeled), peanut butter (creamy only), potatoes (white varieties, peeled, and cooked until soft), pumpkin (no seeds and well-cooked), spinach (well-cooked), squash (no seeds and well-cooked), tofu, vegetable and fruit juices (no pulp), white pasta, and white rice. Hot and cold cereals with less than 2 grams of dietary fiber in a single serving are also options. Rice based cereals often have very little fiber.

Avoid eating foods such as fresh or dried fruit, vegetables, raisins, nuts, seeds, cloves, and any meat aside from what is listed in the group of foods above.

Supplies Needed for Procedure Preparation:



- 1) Miralax 238 gram bottle or generic equivalent
- 2) 4 Dulcolax tablets or generic equivalent (not the stool softener or suppositories).
- 3) 64 ounces of electrolyte replacement solution such as Gatorade, Pedialyte, Powerade, or Propel. No red, blue, or purple. You may use sugar free options of these products if you are diabetic.



Procedure Instructions when scheduled before 12:00 p.m. (Noon)**One day before your colonoscopy:****Step 1:**

Start a clear liquid diet. No solid food starting when you wake up the day before your procedure. You may only have clear liquids the day before your procedure. Clear liquids include water, broth (beef or chicken without particles), juices (apple, white grape, white cranberry - No pulp), clear soda (7-Up or Sprite), tea or black coffee (no cream/creamer), Jell-O (no red, blue, or purple - No added fruit), popsicles (no red, blue, or purple - No fruit and no cream), and Italian ice (no red, blue, or purple). It is encouraged to drink plenty of fluids.

Step 2:

At 12:00 p.m. (Noon), on the day before your colonoscopy, take 4 Dulcolax tablets all at once with water.

Step 3:

At 3:00 p.m., on the day before your colonoscopy, mix your electrolyte solution preparation. Mix 1 bottle of Miralax powder with the 64-ounce electrolyte solution. Drink 8 ounces of the prep every 15 minutes until all the prep is gone.

Important: If you experience prep-related symptoms (examples: nausea, bloating, or cramping), pause or slow down the rate of drinking until your symptoms diminish.

Step 4:

Do not have anything by mouth after midnight.

Day of the procedure, please do the following:

- 1) You may brush your teeth but do not swallow water.
- 2) You may take recommended medications with a sip of clear liquid. Nothing else by mouth until after your procedure.

Important: Failure to follow the preparation instructions could result in the procedure being rescheduled or needing to repeat the procedure.

Procedure Instructions when scheduled after 12:00 p.m. (Noon)**One day before your colonoscopy:****Step 1:**

Start a clear liquid diet. No solid food starting when you wake up the day before your procedure. You may only have clear liquids the day before your procedure. Clear liquids include water, broth (beef or chicken without particles), juices (apple, white grape, white cranberry - No pulp), clear soda (7-Up or Sprite), tea or black coffee (no cream/creamer), Jell-O (no red, blue, or purple - No added fruit), popsicles (no red, blue, or purple - No fruit and no cream), and Italian ice (no red, blue, or purple). It is encouraged to drink plenty of fluids.

Step 2:

At 12:00 p.m. (Noon), on the day before your colonoscopy, take 4 Dulcolax tablets all at once with water.

Step 3:

At 3:00 p.m., on the day before your colonoscopy, mix your electrolyte solution preparation. Mix 1 bottle of Miralax powder with the 64-ounce electrolyte solution. Drink 8 ounces of the prep every 15 minutes until HALF of the prep is gone.

Important: If you experience prep-related symptoms (examples: nausea, bloating, or cramping), pause or slow down the rate of drinking until your symptoms diminish.

Day of the procedure, please do the following:

- 1) Drink the remainder of the prep. This must be consumed 4 hours prior to the procedure.
- 2) You may have clear liquids up to 4 hours prior to your procedure. Nothing by mouth for 4 hours prior to your check-in time.
- 3) Take recommended morning medications with a sip of water.

Important: Failure to follow the preparation instructions could result in the procedure being rescheduled or needing to repeat the procedure.

