

Trinity Health Gastroenterology Same Day Surgery

Trinity Health Medical Arts 4th Floor

400 Burdick Expressway East

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: Patients 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 or need to reschedule, call the number listed at the top of the page.

On rare occasions, the clinic has been closed due to the weather. If you are concerned about the clinic being open due to weather, call 1-800-598-1205 or 701-857-5000.

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Colonoscopy Bowel Preparation Instructions SuPrep

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.

1 Day Before the Procedure

- ❑ Begin 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 one 6-ounce bottle of SuPrep with 10 ounces of cool water in the mixing container (16 ounces total).
- **Do Not** use cold water. **Do Not** chill this prep. Drinking chilled prep solution may induce intestinal spasms causing cramping and nausea. Drink all this liquid.
- Then drink 2 more 16-ounce containers of water (an additional 32 ounces) in the next hour, 8 ounces every 15 minutes in that hour.
- 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:** Mix one 6-ounce bottle of SuPrep with 10 ounces of cool water in the mixing container (16 ounces total). Drink all this liquid
- Then drink 2 more 16-ounce containers of water (an additional 32 ounces) in the next hour. 8 ounces every 15 minutes in that hour. Finish the final glass of water **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 701-857-7437 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 Trinity Health Gastroenterology Same Day Surgery Dept. at the scheduled arrival time.

Trinity Health Medical Arts – 4th Floor – West Side – Second Desk

- 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.
- Call the number listed above (at the top) if you have any questions or need to reschedule your procedure

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 level

- 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: **701-857-7400** 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