BooneHealth

1600 E. Broadway Columbia, MO 65202
573-815-8000

GI Procedure Preparation

COLONSCOPY PREPARATION INSTRUCTIONS FOR GI PROCEDURE AT **BOONE HOSPITAL**

Appointment date:_____Check in time: _____

Read instructions carefully 7 DAY PRIOR to your upcoming procedure

- **Review all medications that should be held prior to your procedure :**
  - **See reverse side and carefully review all meds.**
- **Arrange for a ride**: You will be given sedation and will not be able to drive after your procedure. If you arrive without an escort, your procedure may need to be rescheduled.
  - Uber, taxi or transportations such as oats bus are not allowed unless you have an escort with you.
- If you have questions regarding your procedure, call 573-815-6344.
- If you need to cancel or reschedule your appointment, please call 573-777-8820.

For Colonoscopy Prep: Mirilax and Gatorade

- **SHOPPING LIST**:
  -Four 5mg Dulcolax (bisacodyl) tablets
  -64oz of any Gatorade except red
  -510g bottle of Mirilax
- **STOP ALL** Multivitamins, Iron pills and stool medications (Imodium, fiber supplements) 7 days prior.

Do these things THE DAY BEFORE your procedure

- **Start a strict clear liquid diet:** If you put a liquid in a clear glass, and you can see through it, it is OK to drink. Including: Apple, grape, and cranberry juices. Beef or chicken broth that is clear. Tea and coffee without milk or cream. Soda pop, Gatorade, Kool-Aid and various Jell-O flavors (any color Except Red)
- **Avoid:** Juices with pulp, milk, cream and solid food.
- **8:00am**: Take four 5mg Dulcolax (Bisacodyl) tablets with at least 8 ounces of water.
- **Between 1:00-5:00 pm** Start drinking the laxative liquid. Mix 510g of Miralax with 64oz of Gatorade.
- Drink a full glass every 15-20 minutes until ¾ of the solution is gone.
- Refrigerate the remainder of the solution.
- Continue to drink clear liquids throughout the evening to keep you hydrated and to help the laxative work.

Do these things ON THE DAY of your procedure

- No food, drink, tobacco, marijuana products or gum after midnight.
- You may have sips of water or black coffee (no creamer) until 3 hours before your check in time
- At least 3 hours before you leave home, drink the remainder of the solution- Nothing by mouth after the laxative.
- Adhere to the medications you should take before the procedure. See reverse side
- Bring a list of your medications with you and the time and dates you last took them.
- Go to the **south entrance**, the **Outpatient Service Entrance** and check in on the **ground floor** at your scheduled check in time.

Please see reverse side for MEDICATION INTRUCTIONS→→→

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Medications you SHOULD NOT take – Read Carefully

Blood Thinners:

- If you take any **blood thinners**, call your primary doctor or cardiologist to see if you can safely stop this medication before your procedure.
- **Hold for 5 days:** Coumadin (Warfarin), Pradaxa (Dabigatran), Plavix (Clopidogrel), Effient (Prasugrel), Brilinta (Ticagrelor)
- **Hold for 48 hours:** Xarelto (Rivaroxaban), Eliquis (Apixaban), Cilostazol (Pletal)
- If you do not see your blood thinner listed, please call to confirm how long it should be held prior to the procedure

Diabetic and Weight Loss Medications:

- **Hold for 4 days**: Steglarto (Ertugliflozin)
- **Hold for 3 days:** Jardiance (empagliflozin), Invokana (Canagliflozin), Farxiga (Dapagliflozin)
- **Hold day of procedure: no diabetic meds or insulin the day of** your procedure unless instructed otherwise by your endocrinologist.
- Take **half of your evening** dose of **long-acting insulin** the night before your procedure
- If you take any of the following medications, **hold weekly dosed injections 7 days prior** to your procedure and **hold daily dosed oral medications the day of** your procedure

Mounjaro (Tirzepatide)	Wegovy (Semaglutide)
Ozempic (Semaglutide)	Rybelsus (Semaglutide)
Saxenda (Liraglutide)	Victoza (Liraglutide)
Trulicity (Dulaglutide)	Byetta (Exenatide)

Blood Pressure Medications that should be held 24HR prior to your procedure

Accupr	(quinapril)	Lotensin	(benazepril)
Aceon	(Perindopril)	Mavik	(trandolapril)
Altrace	(ramipril)	Micardis	(telmisartan)
Atacan	(candesartan)	Novartis	(amlodipine and valsartan)
Avalide	(HCTZ and ibesartan)	Monopril	(fisinopril)
Avapro	(irbesartan)	Prinivil	(Lisinopril)
Benicar	(Olmesartan)	Teveten	(eprosartan)
Capoten	(captopril)	Univasc	(moexipril)
Cozaar	(losartan)	Vasotec	(enalapril)
Diovan	(valsartan).	Estril	(Lisinopril)
Entresto	(sucubitral and valsartan)	Exforge	(amlodipine and valsartan)

Medications you SHOULD take the day of your procedure:

- Medications prescribed for thyroid, reflux, pain, depression, anxiety, myasthenia gravis, transplants, Parkinson's, seizures.
- Prescribed inhalers
- Take your blood pressure medications **UNLESS** listed in the box above.
- Take **approved** medications with a **small sip of water.**