



**Colonoscopy Preparation Instructions**  
**MIRALAX + Dulcolax (Over-The-Counter)**  
*Thank you for choosing St. Joseph Hospital!*

Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Dr. \_\_\_\_\_

*\*You may be contacted by the Endoscopy Department the day of your procedure to adjust your arrival time.*

Location: 172 Kinsley Street, Nashua, NH – Main Lobby, 2<sup>nd</sup> Floor Endoscopy Department

**Pre-registration is required one week prior to your procedure.** To pre-register, or if you have any questions about cost of coverage, please call **866-620-4781**.

If you have any questions regarding your prep or procedure or, if for any reason you need to reschedule your procedure, **please call 603-578-9363**.

**Plan Ahead**

- Call and check with your insurance company directly as soon as possible to determine if your procedure will be covered.
- If you had a colonoscopy in the past with an inadequate prep, call our office as soon as possible since your prep may change.
- If you develop a fever, cough, or any cold/flu like symptoms: or have any outstanding cardiac or respiratory testing, you **MUST** call us to reschedule.
- Due to the anesthesia that will be administered during your procedure, it is required that you have a responsible adult or person of legal driving age to drive you home after your procedure. You cannot drive or walk. We fully expect you will be able to return to your normal activities the day after your procedure. We will unfortunately have to cancel your procedure if you fail to have a ride home available.



### Insurance Information

**We strongly encourage you to check your benefit coverage by calling your insurance company directly before any procedure is performed to find out what your benefits are.**

- Estimates for procedures can be provided by calling 866-620-4781.
- The standard CPT code for a colonoscopy is **45378** for both screening and diagnostic colonoscopies.
- If a biopsy is required or if a polyp is removed during your screening procedure, your insurance benefit may change.
- Your benefit coverage might also vary based upon the location of your procedure. If your insurance has trouble finding St. Joseph Hospital Nashua in their directory, our Tax ID number is: 02-0222215.
- If you are having an upper endoscopy (EGD) procedure in addition to your colonoscopy, please check with your insurance about coverage. The CPT code for an upper endoscopy (EGD) is **43235**.

**Anesthesia Fees - Anesthesia for SJH is provided by Amoskeag Anesthesia: 1-888-446-0870.**

- Certain insurances may have restrictions on the coverage of anesthesia. We encourage you to review your individual benefits.

### Medications

- If you take any oral iron supplements (not infusions), multivitamin w/iron, fish oil, or vitamin E, STOP these medications 7 days prior to your procedure.
- **If you take any of the medications listed below for diabetes and/ or weight loss on a DAILY basis, hold the medication for 24 hours prior to your procedure. If you take any of the medications listed below for diabetes and/ or weight loss on a WEEKLY basis, hold 1 week prior to your procedure. If taking any of the below medications for diabetes, please contact your prescribing doctor to find out if an alternative/ replacement is needed.**
  - Dulaglutide (Trulicity), Exenatide extended release (Bydureon bcise), Exenatide (Byetta), Semaglutide (Ozempic), Liraglutide (Victoza, Saxenda), Lixisenatide (Adlyxin), Semaglutide (Rybelsus), Phentermine (Adipex-P, Lomaira), Tirzepatide (Mounjaro)

**PLEASE CALL YOUR MANAGING OR PRESCRIBING PHYSICIAN IF:**

- You take blood thinners such as Coumadin (Warfarin), Apixaban (Eliquis), Plavix (Clopidogrel), Aggrenox, Ticlid (Ticlopidine), Pradaxa (Dabigatran), Effient (Prasugrel), Brilinta (Ticagrelor) or Xarelto for instructions on stopping these. ***Please do not stop taking your blood thinner without talking to your managing/prescribing physician.*** Aspirins are fine to continue.
- You are receiving Lovenox injections. These must be stopped 24 hours prior to your procedure.
- You are diabetic. Please check if medication adjustments are needed as you will be fasting.

**GI CANNOT ADVISE YOU ON THE ADJUSTMENT OF YOUR MEDICATIONS. PLEASE CALL YOUR MANAGING OR PRESCRIBING PHYSICIAN IF YOU HAVE QUESTIONS ABOUT YOUR PRESCRIBED MEDICATIONS.**



## Prep Items to Purchase

- **Miralax:** (1) 238g/8.3 oz bottle and (1) 119g/4.1oz bottle of Polyethylene Glycol 3350 (Miralax or generic).
- **Dulcolax (stimulant laxative):** (4) 5mg tablets (any brand is fine).
- **Baby wipes/skin barriers (if desired)**
- **Gatorade/Sports Drink/Approved Clear Liquid:** (1) 64 oz bottle and (1) 32 oz bottle. Any flavor is fine EXCEPT FOR RED, ORANGE, or PURPLE in color.

## 7 Days Before Your Colonoscopy

- Purchase prep items ahead of time, if possible.
- STOP oral iron supplements (not infusions), multivitamin w/iron, fish oil, vitamin E.
- **Begin a low-fiber diet. Avoid any foods with seeds, peels, nuts, salads, and raw vegetables.**

| ALLOWED  | AVOID   |
|--|---|
| Meats (beef, pork, poultry-without skin) and fish  | Whole wheat or whole-grain breads, cereals or pastas                                |
| White bread without seeds or nuts  | Brown or wild rice, oats, kasha, barley, quinoa                                     |
| White rice, White pasta, crackers  | Dried fruits and prune juice  |
| Pancakes and waffles   | Fruits with seeds, skins, or membranes (grapes, oranges, berries)                   |
| Cooked and peeled carrots, potatoes, seedless squash, veggie noodles without skins               | Raw or undercooked vegetables and salads (corn, lettuce, brussels sprouts, spinach) |
| Fruits without skins, seeds, or membranes (melons, bananas, peeled apples, peeled canned fruits) | Beans, peas, and lentils  |
| Milk and foods made from milk, milk substitutes  | Seeds and nuts, and foods containing them (peanut butter and other nut butters)     |
| Butter margarine, oils and salad dressings without seeds   | Popcorn   |



**Day Before Your Colonoscopy**

It is very important to follow these timing instructions even if you may have to wake up in the middle of the night. If you complete the prep too early, fluid from your digestive system can build back up which will affect the quality of your procedure.

**Before 10AM** - You can have a LIGHT breakfast.

**After 10AM** – NO SOLID FOODS, NO FULL LIQUIDS, NO DAIRY PRODUCTS, OR ALCOHOL.

**Remain on a clear liquid diet only.**

| ALLOWED  | AVOID                                     |
|--|---|
| Water  | No milk, dairy, or dairy substitutes      |
| Black coffee/ tea (no milk, creamer)             | No RED, ORANGE, or PURPLE liquids         |
| Clear juices that are not red, orange, or purple | No grape, fruit punch, or cranberry juice |
| Clear broths                                     | No juice with pulp (ex. Orange Juice)     |
| Popsicles  | No smoothies                              |
| Jell-O   | No nut milks                              |
| Coconut water                                    |   |

**Starting at 5PM**

- Mix the 238gm/8.3 oz bottle of Polyethylene Glycol 3350 (Miralax) powder, into a 64 oz bottle of Gatorade/sports drink/approved clear liquid and drink slowly over a 2 ½ hour period.
- Bowel movements may be delayed. They may take time to start. Moving around helps.
- Nausea is a common occurrence. Try to tolerate as much as possible. Vomiting is rare, but it does happen and is okay as long as you take as much as possible with lots of fluids.

**Starting at 8PM** – Take (4) 5mg Dulcolax tablets.



**Morning of Your Colonoscopy**

**Please continue to remain on a clear liquid diet only. No solid food/full liquids are allowed.**

**5 HOURS PRIOR TO ARRIVAL:**

- Mix 119 gm/4.1 oz bottle of Miralax (polyethylene glycol 3350) powder, into a 32oz Gatorade/sports drink/approved clear liquid and drink slowly within 1 hour.
- May drink clear liquids only\* (see list of clear liquids).
- May brush teeth
- Upon arrival stool should be clear/yellow, any extra fluid will be suctioned during the procedure.

**4 HOURS PRIOR TO ARRIVAL: ABSOLUTELY NOTHING BY MOUTH - NO** gum; candy; mints; smoking, water. May use Chap Stick for dry lips.

The **ONLY MEDICATIONS** you may take this morning three (3) hours prior to your appointment are:

- Cardiac (heart)
- Seizure
- Blood Pressure
- Asthma medications and inhalers



**Colonoscopy Day Expectations**

***We ask that you please bring these items with you: Completed endoscopy health history form*** (last page of the packet), the name and phone number of your ride, inhalers, CPAP/BiPAP (if easily transportable), glasses (do not wear contacts), if menstruating can use a tampon, reading material or other items in case of unforeseen delays, **a copy of your medication list with dosing and the last time taken (including over the counter meds).**

***Please DO NOT BRING:*** Any valuables, including jewelry.

Please remove all body and facial piercings prior to coming in for your procedure.

**If you wear dentures, please do not use denture adhesive on the day of your procedure, as they may need to be removed.**

Before the start of your procedure, you will have the opportunity to discuss the procedure with your gastroenterologist and the anesthesiologist regarding sedation. They will each explain the nature of the procedure, and its risks, benefits, and alternatives. You will be asked to sign a consent form that you understand and agree to the care.

Please expect to be at the hospital for about 2 ½ to 3 hours. We make every effort to remain on time, but delays may occur.

You will need to rest for the remainder of the day. Do not operate any machines or motor vehicles.

You will receive a letter explaining your results approximately 2 to 3 weeks after your procedure.

## ST. JOSEPH HOSPITAL ENDOSCOPY

**YOUR NAME** \_\_\_\_\_

**DRUG or FOOD ALLERGIES :**  No  Yes please list \_\_\_\_\_

**Personal Medical History:** Please check all that apply and list any additional medical information below \_\_\_\_\_

- |  |  |   |   |
|--|--|---|---|
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Sleep Apnea                         | <input type="checkbox"/> Seizures         | <input type="checkbox"/> Liver Disease                                      |
| <input type="checkbox"/> High Cholesterol    | CPAP__ BIPAP__   | <input type="checkbox"/> Back Pain/injury | <input type="checkbox"/> Kidney Disease                                     |
| <input type="checkbox"/> Anemia              | <input type="checkbox"/> Snores at night                     | <input type="checkbox"/> Cancer,          | <input type="checkbox"/> Bleeding Problems                                  |
| <input type="checkbox"/> Heart Attack        | <input type="checkbox"/> COPD                                | type_____                                 | <input type="checkbox"/> Falls in the past year                             |
| <input type="checkbox"/> Heart Problem*      | <input type="checkbox"/> Asthma                              | <input type="checkbox"/> Diabetes         | <input type="checkbox"/> Dentures Upper / lower/<br>Partial (please circle) |
| If yes describe:<br>_____                    | <input type="checkbox"/> GERD/Heartburn                      | <input type="checkbox"/> Low Thyroid      |   |
|  | <input type="checkbox"/> Stroke <input type="checkbox"/> TIA | <input type="checkbox"/> High Thyroid     |   |

**Surgery:** \_\_\_\_\_

- |  |   |  |                                      |                                 |
|--|---|--|--------------------------------------|---------------------------------|
| <input type="checkbox"/> Appendectomy            | <input type="checkbox"/> Gallbladder                      | <input type="checkbox"/> Hysterectomy      | <input type="checkbox"/> C-Section   | <input type="checkbox"/> Hernia |
| <input type="checkbox"/> Tonsillectomy           | <input type="checkbox"/> Heart                            | <input type="checkbox"/> Abdominal Surgery | <input type="checkbox"/> Eye Surgery | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Pacemaker/Defibrillator | <input type="checkbox"/> Joint Replacement, location_____ |  |                                      | <input type="checkbox"/> Other: |

When did you **DRINK FLUIDS** last, including your Prep: \_\_\_\_\_

Do you have any **metal in your body** (not teeth)?  No  Yes If yes where? \_\_\_\_\_

Females - Last **Menstrual Period:** \_\_\_\_\_ Any chance you could be pregnant?  No  Yes

**Community Health Question-** (unrelated to your procedure!) – Have you completed a living will or health care proxy? This is a formal document naming someone to make decisions for you if you are unable to do so.  
 Yes  No If no would you like **more information?**  Yes  No

**If you have a list** of your medications, *please just GIVE it to the nurse - \*\*DO NOT COMPLETE BELOW\*\**

INCLUDE over the counter medications and herbals PLEASE.

| Medication | Dose | How Often | <u>Last Dose</u> | Medication | Dose | How Often | <u>Last Dose</u> |
|------------|------|-----------|------------------|------------|------|-----------|------------------|
|            |      |           |                  |            |      |           |                  |
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|            |      |           |                  |            |      |           |                  |
|            |      |           |                  |            |      |           |                  |

Name of person taking you home today? \_\_\_\_\_ Phone Number \_\_\_\_\_

What Items do you have with you TODAY for the procedure? If you have any of these walking in, we want to ensure you have them walking out! Keep valuables at home please. Circle all that apply

Dentures: full partial upper lower      Glasses      Hearing aids      Cane      Walker  
Personal Wheelchair    Other: \_\_\_\_\_