



GACS
GASTROENTEROLOGY ASSOCIATES
COLORADO SPRINGS

uchealth

Please arrive 90 minutes prior to your scheduled appointment time.

You should have received the following paperwork:

- Procedure Instructions

Please bring the following to your procedure:

- Photo Identification/Current Insurance Card
- Inhaler or Insulin (If applicable)

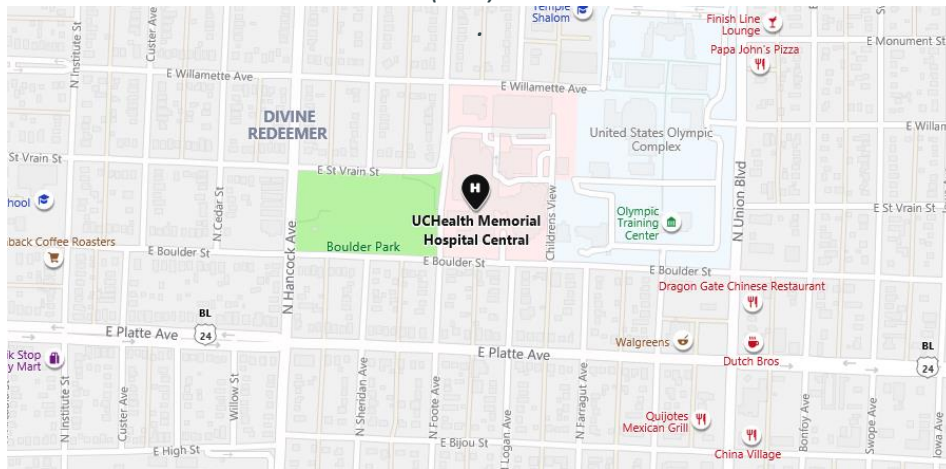
Please review the information you have received 10 days prior to procedure. This packet contains information that is important in the days leading up to your procedure. If information in this packet is not reviewed, you may miss essential information.

Location:

1400 E. Boulder, Colorado Springs, 80909

1st Floor, Near Parking Garage

Phone: (719) 365-5000



*Please use the North Entrance which is located nearest the parking garage.
Valet parking is offered at all entrances **free** of charge or feel free to park in the garage.*

Prep Items

These items can be purchased from any local grocery store or from Pikes Peak Endoscopy Center.

		Approved
<p>1. Dulcolax or Bisacodyl</p> <ul style="list-style-type: none"> ○ Laxative ○ 5mg tablets ○ 4 tablets <p>2. MiraLAX or Polyethylene Glycol</p> <ul style="list-style-type: none"> ○ 238 or 255 Grams <p>3. Gatorade, G2(Low sugar Gatorade), Pedialyte, Powerade</p> <ul style="list-style-type: none"> ○ FOUR 32 oz Bottles 		<ul style="list-style-type: none"> • Black Coffee, Tea, Soda • Fitness Water • Broth • Gelatin • Popsicles (No fruit Pieces) • Fruit Juice (no pulp) • Boost or Ensure (Up until the day prior until 4pm ONLY)
		<ul style="list-style-type: none"> • NO RED OR BLUE ITEMS • Milk & Dairy • Fruit Juice (With pulp) • Popsicles (with fruit pieces) • Alcohol

Preparation kits are available for purchase and include all required and comfort items needed for your prep.

Please see our patient concierge located:

Pikes Peak Endoscopy Center
1699 Medical Center Point
Colorado Springs, Colorado 80907

Everything you need

We want to save you time with your comfort in mind.



\$30



Colonoscopy Prep Kit



MiraLAX Prep Instructions

Time to Begin

Please Read All Enclosed Information & Follow Instructions Carefully to Ensure Your Prep is Successful.

Detailed step-by-step instructions follow below this table:

1 week prior to procedure	<p>Speak to your primary care physician about medications such as:</p> <ul style="list-style-type: none"> • Coumadin (Warfarin), Plavix, Ticlid, Pradaxa, Elequis, or any other Blood Thinners*** • You may need to discontinue these medications up to 1 week prior to your procedure. • You <u>may</u> continue to take a daily aspirin.
3 days prior to procedure	<ul style="list-style-type: none"> • Low residue diet. <ul style="list-style-type: none"> • Please see list below for examples.
1 day prior to procedure	<ul style="list-style-type: none"> • NO SOLID FOODS. • Clear Liquids ONLY today. • Please take all routine medications as normal, unless otherwise directed by your primary care provider. <p>Diabetic Patients: Please refer to the Diabetic Medication Instruction Sheet.</p>
Day of your procedure	<ul style="list-style-type: none"> • NOTHING by mouth 3 hours prior to the procedure. • Please take daily medications as usual with small sips of water at least 3 hours prior to the procedure. • If you use an inhaler please bring this to your appointment. • NO GUM, HARD CANDY, COUGH DROPS or CHEWING TOBACCO. • DO NOT SMOKE MARIJUANA, CIGARETTES, PIPES, VAPE PENS or E-CIGARETTES. <p style="text-align: center;"><u>Please bring your ID and current insurance card.</u></p> <p style="text-align: center;">You must be accompanied by or have arranged an adult to drive you home. You may not drive or go home by TAXI/UBER/LYFT/BUS ETC.</p>

3 Days Prior to Procedure:

Low Residue Diet:

Please avoid all fruits, vegetables, nuts, and seeds.

Please limit food choices to the following items:

- | | | |
|---|----------------------|--------------------|
| • Soup | • Fish | • White Chicken |
| • White Rice | • Bread | • Crackers |
| • Plain or Vanilla Yogurt (2 cup limit) | • Clear Fruit Juices | • Clear Beverages |
| • Noodles | • Potatoes (no skin) | • Broth & Bouillon |
| • Popsicles | • Jelly | • Salt & Pepper |



MiraLAX Prep Instructions

1 Day Prior to Procedure:

Gatorade can be very sweet. You may want to consider using G2.

Cold Gatorade can be difficult to drink at a fast pace. You may want to consider drinking your prep at room temperate.

7:00AM: Start the "Clear Liquids Diet" (approved liquids are listed above) and continue the entire day. Do NOT eat solid foods or drink thick liquids all day.

2:00PM: Take ALL 4 Dulcolax (bisacodyl) tablets orally.

4:00PM-6:00PM:

1. Please begin at 4:00PM (schedule permitting) but no later than 6:00pm.
2. Mix half (1/2) the bottle of MiraLAX (**6-7 capfuls**) with 64 oz of Powerade or Gatorade.
3. Drink one glass every 15-20 minutes until gone (over 2 hours or as quickly as tolerated).

In addition to the prep please remember to drink plenty of other fluids to avoid dehydration

Note: Individual responses to laxatives do vary. If you suffer from constipation, please begin this portion of the prep at 2:00PM. This prep will cause multiple bowel movements. If you are not seeing results, please call our office at (719) 387-2116. It can work within 30 minutes but may take as long as 7 hours. Please remain within easy reach of toilet facilities.

The Day of Your Procedure:

5 hours before the scheduled time of your procedure:

1. Mix the other half (½) of the bottle of MiraLAX (**6-7 capfuls**) with 64 oz of Powerade or Gatorade.
2. Drink as you did the night before. Drink one glass every 15-20 minutes until gone.
3. You must finish this at least 3 hours prior to your scheduled procedure time.
4. Continue to drink clear liquids until 3 hours prior to your procedure.
5. Please only consume clear liquids today.

Helpful Hints: Some patients find it helpful to use Desitin or A&D ointment and use baby wipes or personal cleansing cloths (instead of toilet paper) to avoid irritation from frequent wiping. You may want to wear protective underwear such as Depends at night to avoid accidents while you sleep. These items are included in prep kits that can be purchased at Pike Peak Endoscopy. Your stool should be a clear yellow color and you should be able to see to the bottom of the toilet with minimal residue before you arrive for your procedure.



The Cliff Notes: Quick Reference Guide

3 Days Before:

Low residual Diet: See full list on Page 1

Please avoid all fruits, vegetables, nuts, and seeds.

1 Day Before:

Clear Liquid Diet: If you put it up to the light and you can see through it, you can have it!

- No pulp, no solids, no dairy
- Don't forget to start your prep today!
- Its 2PM: Take your Dulcolax Tablets!
- Its 4PM: *Drink! Drink! Drink!* 64ozs of Gatorade mixed with $\frac{1}{2}$ a bottle of MiraLAX. You have 2 hours. The clock starts now!

The Day of Your Appointment:

You aren't done yet!

- 5 hours before your appointment time the 2nd half is due!
- 64oz of Gatorade and the other $\frac{1}{2}$ of the MiraLAX bottle. *Drink up!*
- Please finish this half within 2 hours.

Remember nothing by mouth 3 hours before your appointment!



You Made It!

Diabetic Prep Considerations:

Please monitor blood sugar levels closely***



Insulin Dependent

- 1 Day Prior:
 - Morning Dose.
 - No Change.
 - Afternoon Dose (If Applicable):
 - 1/2 Normal Dose.
- The Day Of Your Procedure:
 - No Insulin- bring insulin with you to your appointment.



Medication Dependent

- 1 Day Prior:
 - Take your normal AM dose of pills.

Do not take any more pills until after your procedure.

If you take insulin and pills, please follow all the instructions listed in the both boxes above.



Diet Controlled ONLY

- Follow Prep Instructions as given

***Unsafe blood sugar levels may result in rescheduled appointments.

Your health and safety are our number **1** priority.