SUMMIT GASTROENTEROLOGY
SPECIALISTS IN DIGESTIVE HEALTH CARE.

Digestive Health Specialists
powered by GI Alliance

Frank J. Totta, D.O., A.G.A.F.
Mary Lynne Lucido, M.D.
Todd W. Kilgore, M.D.
R. Wade McCullough, D.O.
Benjamin R. Alsop, M.D.
Chase M. Zeilenga, D.O.
Andrea Gray, A.P.R.N., B.C.
Emily McClanahan, FNP-C

120 NE Saint Luke's Blvd • Ste 275 • Lee's Summit, MO 64086 • 816-554-3838

fax: 816-554-1634
www.digestivehs.com

COLONOSCOPY PREP WITH TWO DAY PREP

Patient _____

Doctor _____

Date _____

Arrival Time _____

Procedure Time _____

LOCATIONS:

____ **St. Luke's Outpatient Surgery Center**
120 NE St. Luke's Blvd.
Lee's Summit, MO 64086

____ **St. Luke's East Hospital**
100 NE St. Luke's Blvd.
Lee's Summit, MO 64086

____ **Lee's Summit Medical Center**
2100 SE Blue Pkwy.
Lee's Summit, MO 64063

____ **Blue River Surgery Center**
1318 E. 104th Street
Kansas City, MO 64131

____ **Ascentist Hospital Outpatient Department**
4801 College Blvd., 1st Floor
Leawood, KS 66211

Below is a set of instructions that need to be followed closely in order to ensure that your colon is "cleaned out" for you colonoscopy. Please read these instructions several times and do not hesitate to contact us with any questions. Your bowel preparation is a very important part of your procedure.

AT LEAST A WEEK BEFORE YOUR PROCEDURE with Summit Gastroenterology:

- Check with your prescribing doctor to make sure it is safe to hold prescription blood thinner: _____ _____ for ____ days prior. Please do not take any Aspirin or Plavix the day of your procedure
- Hold prescription diet pills, i.e.-phentermine, 7 days prior to procedure.
- Hold weekly dosing of GLP's: Trulicity (Dulaglutide), Bydureon BCise (Exenatide), Mounjaro, Zepbound (Tirzepatide), Ozempic, Wegovy (Semaglutide). *HOLD 1 WEEK PRIOR TO PROCEDURE.

FOUR DAYS BEFORE YOUR PROCEDURE:

- Hold Steglatro (Ertugliflozin). *HOLD FOR 96 HOURS PRIOR TO PROCEDURE.

THREE DAYS BEFORE YOUR PROCEDURE:

- Hold Jardiance (empagliflozin), Invokanna (canagliflozin), Farxiga (dapagliflozin). *HOLD FOR 72 HOURS PRIOR TO PROCEDURE.

SEVERAL DAYS BEFORE YOUR PROCEDURE please purchase the following over the counter supplies at your local pharmacy:

1. 64 oz. of Gatorade or PowerAde (**NO red, orange, or purple**) you may substitute 64 oz. of Crystal Light Lemonade or Propel G-2 for the Gatorade
2. A 238gm bottle of Miralax (or its generic version)
3. Dulcolax 5 mg laxative tablets (generic ok) - small box
4. Prescription bowel prep from pharmacy
5. Crystal Light/Lemon Lime Kool-Aid powder if desired
6. Simethicone 125mg tablets (Gas-X), small box

FOR THREE DAYS PRIOR Follow a low residue low fiber diet - see enclosed example.

TWO DAYS PRIOR TO YOUR PROCEDURE, One gallon Prescription Colon Prep:

- You may eat solid food – low residue/low fiber
- At **9:00am**, take 2 Dulcolax laxative tablets.
- Mix the prescription one gallon colon prep (Colyte/NuLytely/Gavilyte) and refrigerate- if unflavored you may add Crystal Light Lemonade or Lemon/Lime Kool-Aid only.
- Beginning at **3:00-4:00pm**, drink an **8 oz. glass** of prescribed bowel prep **every 10-30 minutes until you finished the entire gallon of the mixture.** The mixture should be finished by midnight.

<u>ONE DAY PRIOR</u> TO YOUR PROCEDURE, Miralax Split Colon Prep:
Clear liquid diet – NO SOLID FOOD – drink plenty of liquids – at least 8 ounces every hour you are awake.

- At **9:00am**, take 2 Dulcolax laxative tablets.
- Mix Miralax 238 grams into 64 ounces of Gatorade, PowerAde, or Crystal Light Lemonade. Divide into two 32 ounce portions. You may refrigerate.
- Between **4:00pm-6:00pm**, begin drinking the first 32 ounces and take 2 simethicone tablets.. **Drink an 8 oz. glass** of Miralax/Gatorade every **15-30 minutes** until you have finished **32 oz.** This should take approximately 1-2 hours. We encourage you to continue drinking lots of clear liquids after this dose as well.
- Stay close to the toilet in the evening- the goal is to have diarrhea!
- **5-6 hours prior to scheduled scope time**, begin the second 32 ounces and take 2 more simethicone tablets.. **Drink an 8 oz. glass** of Miralax/Gatorade every **15-30 minutes** until you have finished the final **32 ounces**. You must be **completely finished with the 32 oz. at least 4 hours prior** to your scheduled procedure time. **DO NOT EAT OR DRINK ANYTHING ELSE.**
- Hold daily dosing GLP's: Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Adlyxin (Lixisenatide), Rybelsus (Semaglutide). *HOLD DAY BEFORE AND DAY OF PROCEDURE.

For example, if you procedure is at 9:00am, you might need to get up at 3:00am-4:00am and drink the second dose of your bowel prep and complete it by 5:00am. We understand that this might mean that you need to get up early for your prep on the day of your exam. This is because we want you to have the best bowel prep possible.

<u>CLEAR LIQUID DIET</u>
Clear liquids permitted are as follows: water, tea, black coffee, apple juice, white grape and apple juices, lemon or lime Jell-O, chicken or beef broth (NO noodles!), popsicles, 7 UP and Sprite.

- You may have liquid Boost (not powder) or Ensure until **3:00pm** ONLY (no substitutions).
- **No <u>RED</u>, <u>ORANGE</u>, or <u>PURPLE</u> LIQUIDS**
- **Do not** drink Alcohol - **Do not** drink milk products - **Do not** drink Orange Juice.

*** If you are diabetic, take only half of your normal dose of insulin or oral medications the day before your procedure and check your blood glucose periodically.***

THE DAY OF YOUR PROCEDURE:

- If you take insulin or oral diabetic medication, you are advised to HOLD and DO NOT TAKE on the day of your procedure. Bring it with you.
- Take any heart, blood pressure, or seizure medications routinely with a small sip of water. Do this several hours before your procedure.
- **No smoking or vaping the day of the procedure. No chewing tobacco. Avoid ALL tobacco products day of procedure. No chewing gum the day of the procedure.**
- Hold daily dosing GLP's: Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Adlyxin (Lixisenatide), Rybelsus (Semaglutide). *HOLD DAY BEFORE AND DAY OF PROCEDURE.
- Hold all other medications the day of the procedure

YOU MUST HAVE WITH YOU:

- A responsible adult to drive you home must be present at the time of check-in and stay at the facility or your colonoscopy will be CANCELLED or RESCHEDULED. They will need to stay with you for 12 hours afterwards.
- A list of all medications you are now taking, including over-the-counter products and herbal supplements.
- A list of any allergies you have.
- If you have a Pacemaker/AICD please bring in your Pacemaker/AICD card.
- No work, no driving, operating machinery, or making legal decisions x 24 hours after procedure.

COLON CLEANSING TIPS:

- **Walking will help move the solution through your body.**
- **Drink the Miralax chilled.**
- **It may be helpful to drink sips of the Miralax through a long straw.**
- **If you feel bloated or your stomach feels "full", slow down drinking the Miralax.**

During your procedure you will be administered either general anesthesia or heavy sedation. For your safety, it is essential you follow the above listed instructions

- **No Liquids of any kind 4 hours prior to your scheduled procedure time.**

Failure to comply with these instructions will result in the cancellation or delay of your procedure. Judgment will be made by your anesthesia provider.

*****REMEMBER – the goal is to get cleaned out. If you have any problems with the prep, please contact our office (816) 554-3838 during business hours or (913) 338-8388 after hours to speak with the doctor on call.*****

*** CANCELLATION POLICY ***

$100 fee for cancellation of endoscopy appointments with less than 72 hours notification. If you need to cancel or reschedule, call Summit GI at 816-554-3838, NOT the facility where your procedure is scheduled.

****INSURANCE INFORMATION****

Our office may verify insurance benefits and contact you to discuss our procedure fee.