

Endoscopy Center of North Mississippi, LLC**Patient Name:** test test**THE WEEK BEFORE PROCEDURE:**

***PLEASE READ all of the directions thoroughly to ensure you have a successful test. If you do not follow this sheet completely, we will possibly cancel your procedure and you will have to go through this process again. ***

1. Pick up prep from drug store. Follow OUR instruction sheet. Do NOT follow the box instructions.
2. You MUST have a driver for the day. You will be sedated and not be allowed to drive until the day after your test. Bring only 1 person inside with you. Arrive at your scheduled appointment time.
3. STOP weight loss meds AND iron supplements 7 days before procedure.
4. STOP blood thinners (coumadin/warfarin, plavix/clopidogrel, pletal, effient, pradaxa, brillinta) 5 days before your procedure.
5. STOP xarelto and eliquis 2 days before the test (48 hours)
6. STOP advil, aleve, naproxen or any other anti-inflammatory meds 3 days before. Tylenol (acetaminophen) is fine to take.
7. IF you are having this test at the hospital (Panola Medical Center) *** STOP Mounjaro, Ozempic, Wegovy, or Rybelsus 7 days before your procedure. If you are having test at our facility and are taking these shots for diabetes- you can continue taking these. If you are taking for just weight loss- please refrain from administering it 7 days before your test.
8. If you see a cardiologist every 3-6 months OR have any upcoming heart tests or appointments, please notify the scheduler to ensure we can get a cardiac clearance in time.
9. We ask that if you need to reschedule, please do at least 96 hours before your test or you will have to pay a \$100 no show fee. If you do not show up for your appointment, you will need to pay the \$100 fee before you will be rescheduled.

2 DAYS BEFORE PROCEDURE:

Regular Breakfast and Lunch

Clear Liquids only for Supper- Absolutely NO solid food after lunch

*** see list below for appropriate clear liquids ***

6 PM: Mix 2 capfuls of Miralax into 16 oz of water and drink until its finished.

7 PM: Take two Dulcolax tablets

The above medications are available over the counter. No prescription needed for these.

THE DAY BEFORE PROCEDURE:

CLEAR LIQUIDS ALL DAY ONLY

*****NO solid food for breakfast, lunch OR dinner. *****

See list below for appropriate clear liquids

First thing in the AM mix Colyte and water together, add flavor packet or Crystal light packet if you want. No red or purple flavors. Chill in refrigerator.

Keep yourself well hydrated by drinking as much fluid as you can during the day.

5:00 PM begin drinking a chilled eight (8) ounce glass of Colyte every 10-20 minutes until HALF of the mixture is finished.

You may get nauseated or may vomit. You may take a small break from drinking the laxative and drink a good tasting liquid to help

the nausea pass. It is important to continue the laxative until gone.

After you have finished the prep, take four (4) Dulcolax tablets.

Drink at least four (4) glasses of clear liquid before going to bed.

TIPS: Baby wipes or flushable wipes help keep irritation down and Vaseline applied to anus may help also.

***Remember a clean colon is critical for a complete test. If you still have solid stool in your colon, the doctor will stop the test and a repeat colonoscopy will need to be done.

THE DAY OF THE PROCEDURE:

5 AM: Begin drinking the OTHER HALF of the chilled Colyte prep, like last night. Need to be finished by 7 am.

--- NOTHING AFTER 7 AM ---

NO gum, NO mints, NO extra water. You may brush your teeth, just spit out the water.

You may take your morning medication before 7 am. (Blood pressure, heart, seizure, anxiety, depression medications)

Do not take your diabetic medications by mouth. If you are insulin dependent please follow the instructions attached.

* Please bring a list of your prescription medications with you. No need to bring the bottles in the building. We ask that you put the name of the medication, dose and how often you take it on the list.

* Arrive at your scheduled time.

* Please bring information cards for any implanted devices, such as pacemaker, defibrillator, or nerve stimulator (if applicable)

* Please bring your driver's license and insurance card.

* PLAN ON BEING HERE FOR 2 TO 4 HOURS.

* Please leave your jewelry at home, otherwise you will be asked to remove it upon arrival. You may keep your hearing aids in.

* DO NOT SMOKE, VAPE OR DIP the day of your procedure!! THIS IS VERY IMPORTANT!!!

Clear Liquid Food Suggestions:

*Gatorade or any sports drinks

*Clear fruit juices (white grape juice, white cranberry juice, apple juice)

*Water

*Kool-Aid

*Tea

*Black Coffee (no cream, no milk, you can have sugar)

*Any kind of soda (Coke, Dr. Pepper, Sprite, Mountain Dew, Ginger Ale, Diet coke)

*Broth or Boullion (chicken broth, beef broth, vegetable) No noodles or meat

*Jiggly jello (not pudding)

*Popsicles or Italian Ice

Make sure all clear liquids are any color OTHER than red or purple

Absolutely NO dairy, NO milk products, NO solid food, NO alcohol

If you develop any covid symptoms such as fever, cough, sore throat, loss of smell / taste or if you have been exposed to someone who has tested positive in the last 14 days, please call to reschedule.

***Please call us if you have any questions about the test or the instruction sheet. (662) 234-9888 and press 5

Our address is 1206 Office Park Drive, Oxford, MS

Please bring your insurance cards and your driver's license to your appointment! Thank you!