

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

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\*\*\*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.

**THE DAY BEFORE PROCEDURE:**

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Clear liquids all day, \*\*\*\*absolutely NO solid food today.\*\*\*\*\*

3 pm- Take 2 Dulcolax laxative tablets with plenty of clear liquids

4 pm- Mix 7 capfuls of Miralax with 32 oz of Gatorade and drink until it is finished.

You may continue to drink clear liquids until Midnight.

**THE DAY OF THE PROCEDURE:**

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5 am- Take 2 more Dulcolax laxative tablets.

6 am- Mix another 7 capfuls of Miralax in 32 oz of Gatorade and drink it until it is gone.

You need to be finished by 7 am.

Absolutely NOTHING after 7am. No water, No gum, No mints.

Remember that we cannot see through stool, take all of your prep.

\* Bring a list of your prescription medications with you.

\*Remove all jewelry prior to appointment. You may keep hearing aids in.

\* Do NOT smoke, vape or dip the day of your procedure. THIS IS VERY IMPORTANT!!!!

\* Bring insurance card and drivers license

\* Arrive at your scheduled time.

**Clear Liquid Food Suggestions:**

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- \*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

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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!**