



Appt: \_\_\_\_\_

☐ Colonoscopy   ☐ Flex Sig   ☐ EGD   ☐ EUS   ☐ ERCP

☐ **GI Associates Endoscopy Center – Wausau**

411 Westwood Dr Wausau

Your estimated arrival time is \_\_\_\_\_. If this time changes, our Endoscopy Center will call you with the new time. If you have a question about your arrival time or need to reschedule, please contact our office at **715-847-2558** or **877-442-7762**.

☐ **GI Associates Endoscopy Center – Stevens Point**

3225 Business Park Dr Stevens Point

Your estimated arrival time is \_\_\_\_\_. If this time changes, our Endoscopy Center will call you with the new time. If you have a question about your arrival time or need to reschedule, please contact our office at **715-847-2558** or **877-442-7762**.

☐ **Aspirus Wausau Hospital – Surgery (Hospital B entrance)**

333 Pine Ridge Blvd Wausau

Please pre-register by calling **715-847-2175** or **800-477-4496**.

Pre-Admission Surgical Services (PASS) will contact you two business days before your procedure to confirm your arrival time. If you have not received this call by 2:00pm the business day prior to your procedure, please call PASS at **715-847-2799** or **877-350-2197**.

☐ **Aspirus Plover Hospital**

5409 Vern Holmes Dr Stevens Point

The Aspirus Plover Hospital will contact you 1-2 business days before your procedure to confirm your arrival time. If you have not received this call by 2:00pm the business day prior to your procedure, please call Hospital Outpatient at **715-342-1015**.

☐ **Aspirus Langlade Hospital**

112 East 5th Ave Antigo

Please pre-register by calling **715-623-9220**.

The business day before your procedure, between 9am and 4pm, please call **715-623-9251** or **715-623-9578** to confirm your arrival time.

☐ **Aspirus Rhinelander Hospital - Surgery Services**

2251 North Shore Dr Rhinelander

Your arrival time is \_\_\_\_\_. If you have a question about your arrival time or need to reschedule, contact the GI Associates office at **715-847-2558** or **877-442-7762**.

☐ **Northwoods Surgery Center**

611 Veterans Pky Woodruff

The Northwoods Surgery Center will contact you 1-2 business days before your procedure to confirm your arrival time. If you have not received this call by the business day prior to your procedure, please contact the Northwoods Surgery Center at **715-358-8600** between 9am and 4pm.

## ➡ **IMPORTANT: ARRANGE FOR A PATIENT REPRESENTATIVE** ⬅

### **Before your procedure:**

Because you will be receiving sedation, you must have a **Patient Representative (18 yrs or older)** with you when you arrive for your procedure.

Your **Patient Representative must remain on premises** until you are ready to be discharged and then take you home. You **CANNOT** drive yourself home after your procedure. You are not allowed to take a taxi, bus, medi-van service or walk home. You and your representative should allow approximately **2-3 hours total time** at the facility.

### **Day of procedure:**

Bring a detailed list of all medications you are currently taking (including vitamins and over-the-counter medications). If you have an Advance Directive, please bring a copy with you.

Do not bring valuables to your procedure or wear excessive jewelry. Remove any body piercings.

Note: You may be asked to remove any dentures/bridges prior to being sedated for your procedure.

**IF YOU DO NOT HAVE A PATIENT REPRESENTATIVE WITH YOU,  
YOUR PROCEDURE WILL BE POSTPONED.**

### **During your procedure:**

Once you begin to receive sedation medications, you are impaired and are unable to make even simple decisions for yourself. If questions arise or if a complication occurs during the procedure, the physician (or nurse) may need to speak with your **Patient Representative** immediately.

### **After your procedure:**

Prior to discharge, you will receive information for post-procedure care, how to contact your physician, if needed, and a summary of your procedure findings. Since patients who receive sedation may remain memory-impaired for some time after the procedure, your **Patient Representative** will need to witness the discussion with the physician post-procedure so they are able to provide direction to you once you have arrived at home.

**If you have any questions before or after the procedure,  
please call our office at 715-847-2558 or 877-442-7762.**

# HERE'S HOW TO PREP

## 5 Days Before Your Procedure:

You may continue all prescription medications and/or supplements except for those listed OR modified below:

---



---



---

Decrease aspirin to 81 mg daily

---

Hold iron supplement

---

## 2 Days Before Your Procedure:

**NO RED MEAT** (e.g. NO beef, pork or venison). Chicken or fish is OK.

**Stop** eating seeds, popcorn, nuts, corn, whole grains, high fiber cereals and any fiber supplements (e.g. NO fiber pills, powders or wafers).

Properly hydrate by drinking more CLEAR LIQUIDS (see list)

Addtl Instructions: \_\_\_\_\_

---



---



---



---

- ☐ **8:00 PM** Drink 10-oz bottle of magnesium citrate  
-or-  
Mix 2 capfuls of MiraLAX in 16 ounces of liquid and drink over the next hour.

## 1 Day Before Your Procedure:

### **FOLLOW A LOW RESIDUE DIET** (SEE LIST)

**\*\*\* NO RED OR PURPLE PRODUCTS \*\*\***

**3:00 PM** Take 2 Dulcolax (bisacodyl) tablets with water.

**5:00 PM BEGIN CLEAR LIQUID DIET** (no more solid food)  
**UNTIL THE TIME LISTED UNDER**  
**"Your Procedure Day" BELOW**

Mix the entire 238-gram bottle (14 capfuls) of MiraLAX with 64 ounces of your chosen sports drink(s). Drink ½ of the solution (32 ounces) over the next hour. Store the remainder of the solution in the refrigerator. Drink at least 16-24 ounces of clear liquids throughout the rest of the evening.

- ☐ Take ½ dose of your regular evening diabetic medication(s).  
-OR- Contact your PCP or endocrinologist for advisement.

With the exception of any blood thinners or diabetic medications already addressed, you may take your regular, evening medications.

### **If your arrival time is between 6 AM and 9 AM:**

**10:00 PM** Finish drinking the rest of the prep solution over the next hour. You may continue to drink clear liquids until the time indicated below. See **option #1**

### **If your arrival time is scheduled after 9 AM:**

See **option #2**

## Your Procedure Day:

- ☐ Do not take any diabetic medication(s) this morning.  
- OR - Contact your PCP or endocrinologist for advisement.  
*(With the exception of any blood thinners or diabetic medications already addressed, you may take any other necessary prescription medications with small sips of water.)*

**#1** If your arrival time is scheduled between 6-9 AM:

**At** \_\_\_\_\_ (two hours prior to your scheduled arrival time), **stop drinking clear liquids.**  
**Then nothing to drink or eat and no hard candy, cough drops or gum until after your procedure!**

**#2** If your arrival time is scheduled after 9 AM:

**At** \_\_\_\_\_ (three hours prior to your scheduled arrival time), finish drinking the rest of the prep solution over the next hour, until the solution is gone.  
**Then nothing to drink or eat and no hard candy, cough drops or gum until after your procedure!**

Please arrive promptly at your designated arrival time. (Note: Upon arrival, a urine pregnancy test will be recommended for every woman of child-bearing age.)

**OTHER CHOICES (limited to the following):** Plain gelatin, plain pudding, plain pretzels, honey, syrup, drinks including tea, coffee and soda



## Water/Vitamin Water



## Colonoscopy Prep Shopping List:



Purchase the following items at your local pharmacy and/or grocery:

- ☐ Magnesium citrate

**10-ounce bottle (1)**



- ☐ Dulcolax® laxative tablets (bisacodyl)  
**5-mg tablets (2)**



- ☐ MiraLAX® (polyethylene glycol 3350)  
**238-gram bottle (1)**



- ☐ **64 ounces** of a sports drink  
**NO RED OR PURPLE**
- Gatorade® or Powerade®
  - G2® or Powerade Zero™
  - Propel® Electrolyte Water

