

THE JACKSON CLINIC PROCEDURE INSTRUCTIONS

- Hold all blood thinners per instructions.
- Take your blood pressure, heart, and seizure medications in the morning with a small sip of water the day of the procedure.
- Hold all of your other medications, including diabetic medications, until after your procedure.
- You may brush your teeth the day of the procedure.
- Please do not apply any lotions, oils, or powders the morning of procedure.
- Please take off any nail polish on the hands if possible.
- Please follow your prep instructions exactly as explained and written.
- You will need a driver to bring you to your procedure, wait for you and take you home. There are no exceptions to this.
- Please plan to be at the endoscopy center for 4-6 hours.

Leave all personal belongings at home or with your driver. This includes money, jewelry, purses, wallets, anything of sentimental/monetary value.

YOUR ENDOSCOPY/COLONOSCOPY PROCEDURE IS SCHEDULED FOR

ARRIVAL TIME _____.

AT THE JACKSON CLINIC ENDOSCOPY CENTER 2859 US 45 BYPASS FRONTAGE RD, JACKSON, TN 38305.

*Please call the office at **731-422-0305** if you have any questions or there is any confusion about your procedure instructions.*

PRE-COLONOSCOPY DIET INSTRUCTIONS

4 DAYS PRIOR TO YOUR PROCEDURE, BEGIN A LOW RESIDUE DIET.

DATES: _____, _____, _____, _____

- A LOW RESIDUE DIET LIMITS HIGH FIBER FOODS.

Bowelprepguide.com

Low Fiber Diet for Colonoscopy

Foods that are okay	Foods that are not okay
White bread	Whole wheat bread or pasta
White rice or noodles	Brown or wild rice
Plain crackers and potato rolls	Whole wheat crackers and Rolls
Skinless cooked potato	Raw or partially cooked vegetables
Skinless chicken or turkey	Tough meat or meat items with skin
Fish and other sea foods	Nuts, seeds, popcorn, and fruits
Canned fruits without seeds or skin	Milk or milk products
Eggs	Cereals
Vanilla wafers, Animal crackers	Granola, Cornbread, Pumpnickel bread
Items on the clear liquid diet	Items on the high fiber diet

FOUR DAYS PRIOR TO THE PROCEDURE, BEGIN TAKING MIRALAX 17 GRAMS (1 DOSE/CAPFUL) IN 8 OUNCES OF WATER TWICE DAILY. (First Bottle)

DATES: _____, _____, _____, _____

AT 5:00 PM ON _____ DRINK ONE 10oz BOTTLE OF MAGNESIUM CITRATE (ANY FLAVOR).

PRE-COLONOSCOPY DIET INSTRUCTIONS

2 DAYS PRIOR TO YOUR PROCEDURE, BEGIN A CLEAR LIQUID DIET.

DATES: _____ , _____

- A CLEAR LIQUID DIET CONSISTS OF LIQUIDS THAT YOU WOULD BE ABLE TO READ A NEWSPAPER THROUGH.

- Water and mineral water.
- Clear fruit juices **without pulp** – (apple, white grape, lemonade, white cranberry).
- Clear soft drinks and sports drinks **(no purple or red)**.
- Store-bought and >99% fat-free broth (chicken, beef vegetable or bone broth).
- Popsicles or Jell-O **(no purple or red)**.
- Coffee and tea **without milk or cream**.

Clear Liquid Diet for Colonoscopy

Drinks that are okay	Drinks that are not okay
Water	Orange or pineapple juice
Black coffee (or Tea) without milk or cream	Milk or dairy products
Sport drinks with electrolyte	Milk shakes
Carbonated beverages and Sodas	Malt
Apple juice	Alcoholic drinks
Foods that are okay	Foods that are not okay
Clear broth and soup	Vegetables
Honey	Fruits
Hard candies	Meat or poultry products
Gelatin	Bread
Popsicles	Pasta
Sugar	Rice, grains
Fruit Ices	Cereals
Sorbet	Seeds and nuts

BLOOD THINNER INSTRUCTIONS FOR PROCEDURES

*** Hold the following medications for **TWO** days prior to procedure

- XARELTO, ELIQUIS, AND PRADAXA.

*** Hold COUMADIN for **FOUR** days prior to procedure.

- If prosthetic valve, will need Lovenox bridge.

- Please see instruction page on Lovenox bridge as instructed.

*** Hold the following medications for **FIVE** days prior to procedure.

-NSAIDS, ASPIRIN, PLAVIX, PENTOXIFYLLINE, AGGRENOX,

EFFIENT, CILOSTAZOL, PERSANTINE AND BRILINTA.

***** Avoid the below medications FIVE days prior to your prep days, unless instructed otherwise*****

LIST OF NSAIDS

- ASPIRIN

- IBUPROFEN

- NAPROXEN

- GOODY POWDERS

- BC POWDERS

- DICLOFENAC

- MELOXICAM

- CELEBREX

OVER THE COUNTER MEDICATIONS

- VITAMIN E

- FISH OIL

- MULTIVITAMINS

ASA GUIDELINES FOR GIP/GLP-1 RECEPTOR AGONISTS

- For patients taking once DAILY GIP/GLP-1 receptor agonist, medication should be held on the day of procedure.
- For patients taking WEEKLY GIP/GLP-1 receptor agonist, medication should be held one week before procedure.

TRADE NAME	GENERIC NAME	HOLD FOR
TRULICITY	DULAGLUTIDE	ONE WEEK
BYDUREON	EXENATIDE ER	TWO WEEKS
BYETTA	EXENATIDE	ONE DAY
SAXENDA/VICTOZA	LIRAGLUTIDE	ONE DAY
OZEMPIC/WEGOVY	SEMAGLUTIDE	ONE WEEK
MOUNJARO	TIRZEPATIDE	ONE WEEK
RYBELSUS	ORAL SEMAGLUTIDE	ONE DAY

- For all other types of diabetic medications, you **MAY CONTINUE** to take them as prescribed **UNTIL** the day of your procedure.
- On the day of your procedure, you will **HOLD ALL** diabetic medications **UNTIL AFTER YOUR PROCEDURE**.

TWO DAY- MIRALAX COLONOSCOPY PREP INSTRUCTIONS

PURCHASE THESE ITEMS OVER THE COUNTER AHEAD OF TIME

- Four 5 mg Dulcolax tablets – 20 mg total dose
- Three 8-ounce bottles of MiraLAX.
- One 10-ounce bottle of Magnesium Citrate (Any Flavor).
- Two 64-ounce bottle of Gatorade (no red or purple), sweet or unsweet iced tea, lemonade, apple juice or white grape juice.
- Zofran 4 mg – 8 dissolvable tablets sent into the pharmacy.

*****Three nights before the colonoscopy, mix each 8-ounce bottle of MiraLAX in 64 ounces of Gatorade/Tea/Juice. Shake vigorously and refrigerate overnight. This will give you two 64-ounce MiraLAX prep solutions. (This will be bottle two and three of the MiraLAX).**

DIRECTIONS PREP DAY 1 – (First 64-Ounce MiraLAX Prep Solution)

- Drink at least 48 ounces of liquids before starting your prep two days before your procedure.
- **At 3:30 pm** the afternoon before your procedure, dissolve one 4 mg Zofran tablet on your tongue. You may take the other three Zofran tablets as needed throughout your prep.
- **At 5:00 pm**, drink 8 ounces of the first jug of MiraLAX solution every 15 minutes **until half the bottle is finished.**

- Drink at least 32 ounces of water in between the first and second doses of MiraLAX solution.
- **At 10:00 pm**, drink 8 ounces of the first jug of MiraLAX solution every 15 minutes **until it is finished.**
- Drink at least 48 ounces of water after finishing the prep.

DIRECTIONS PREP DAY 2 - (Second 64-Ounce MiraLAX Prep Solution)

- Drink at least 48 ounces of liquids before starting your prep the day before your procedure.
- **At 3:30 pm** the afternoon before your procedure, dissolve one 4 mg Zofran tablet on your tongue. You may take the other three Zofran tablets as needed throughout your prep.
- **At 4:00 pm** the evening before your procedure, take 20 mg Dulcolax with 8 ounces of water.
- **At 5:00 pm** the evening before your procedure, drink 8 ounces of the second jug of MiraLAX solution every 15 minutes **until half the bottle is finished.**
- Drink at least 32 ounces of water in between the first and second doses of MiraLAX solution.
- **At 10:00 pm** the evening before your procedure, drink 8 ounces of the

second jug of MiraLAX solution every 15 minutes **until it is finished.**

- Drink at least 48 ounces of water after finishing the prep.

STOP DRINKING FLUIDS SIX HOURS PRIOR TO YOUR PROCEDURE TIME.

- You should have nothing to eat or drink except for your blood pressure, heart, and/or seizure medications with a sip of water the morning of your procedure.

WHAT TO EXPECT

- You will develop significant diarrhea after drinking the preparation. This means the medication is working. Plan to be near a bathroom.
- You will feel mild abdominal bloating/cramping. Drinking the prep medication more slowly and over a longer period of time will help alleviate these symptoms.
- A successful colon prep will cause you to have clear yellow (plain tea-colored) liquid stools. **Please finish all of your prep with no exceptions.**

Important Reminders for Drivers on Day of Procedure

- On the day of your procedure, your driver will check in with you at the front desk.
- Your driver must stay in the waiting room of the Endoscopy Center the entire time you are at there. They cannot wait in the car or run any errands.
- Plan on being at the Endoscopy Center for at least 4-6 hours.
- It is imperative that your driver have their phone available at all times during your procedure so that they do not miss any calls from the Doctor or the Nursing Staff.
- After the Doctor calls and speaks with your driver, you will be in the recovery room for at least another 20-30 minutes.
- Once you are awake and ready to leave, the staff will call your driver and let them know where to go to pick you up.

Please review this with the person that will be driving you the day of your appointment, so that they know what to expect during this time.