

Bryn Mawr Medical Specialists Endoscopy Center
Miralax Colonoscopy Preparation-Morning Procedure

| 7 Days Prior | 3 Days Prior | 2 Days Prior | 1 Day Prior | Procedure Day |
|--|--|--|--|---|
| <p>Please review the Pre-Procedure Instructions for IMPORTANT information regarding diet, medication, and lifestyle alterations that may affect your Prep.</p> <p>Please take the time to sign in to and complete the online health history questionnaire. The link should have been sent to your email address from noreply@bmmisa.com</p> <p>If you are unable to sign in to the online health history questionnaire or have technical difficulties, an Endoscopy nurse will call you a day or two prior to your procedure to answer these questions over the phone.</p> <p>If you have frequent constipation, please call the office for special prep instructions. 610-525-9570.</p> | <p>Begin a “Low residue Diet” today (see handout).</p> <p><u>Purchase the following:</u></p> <p><u>Miralax:</u> 8.3 oz. bottle (238 gram, 14 day) Sold over the counter.</p> <p><u>Dulcolax laxative 5 mg. tablets (bisacodyl- generic)</u> You'll need 4 tablets. Sold over the counter.</p> <p>64 ounces of Gatorade or a low sugar electrolyte drink: Propel Fitness Water, Gatorade 2, or Powerade Zero. *No red or purple clear liquids.</p> <p>Stop eating nuts, seeds and berries.</p> | <p>Drink at least 8 glasses of water throughout the day.</p> <p>Continue a “Low residue Diet” today (see handout).</p> <p>If you have not filled out your online health history questionnaire, please complete this today or allow time to speak with the Endoscopy nurse when they call.</p> | <p>Start “Clear Liquid Diet” (see handout). No solid food today.</p> <p>After your clear liquid “breakfast,” mix the 8.3 oz. bottle of Miralax with 64 ounces of Gatorade (or other electrolyte drink) & chill in refrigerator. Please drink additional clear liquids throughout the day and evening.</p> <p>At 3pm, take <u>2</u> Dulcolax (Bisacodyl) tablets</p> <p>At 5pm, begin drinking the Miralax mixture. Drink an 8oz glass every 15-30 minutes until ½ the mixture is finished.</p> <p>At 7pm, take <u>2</u> Dulcolax (Bisacodyl) tablets</p> <p>At 9pm begin drinking the remainder of Miralax mixture. Drink an 8 oz glass every 15-30 minutes until finished</p> <p>If you vomit the preparation or have other medical concerns, please call the Physician on call at (610) 525-9570.</p> | <p>Clear Liquid Diet today up until 4 hours prior to your appointment.</p> <p><u>NOTHING BY MOUTH FOR 4 HOURS PRIOR TO YOUR APPOINTMENT!!</u></p> <p>Please arrive 45 minutes prior to your appointment.</p> <p>Bryn Mawr Medical Specialists Endoscopy Center is located in Suite 330 of the <u>Bryn Mawr Medical Arts Pavilion</u> at 825 Old Lancaster Road, Bryn Mawr- <u>NOT</u> at Bryn Mawr Hospital.</p> <p>You must have a responsible adult drive you home and they must be present in our Endoscopy Center upon discharge.</p> |



Bryn Mawr Medical Specialists Endoscopy Associates

We are located at:

Bryn Mawr Medical Specialists Endoscopy Center
Located in the Bryn Mawr Medical Arts Pavilion
825 Old Lancaster Road Suite 330
Bryn Mawr, PA 19010

Please bring your photo ID and insurance card on the day of your procedure. If your insurance plan requires us to collect a copay or you have not met your deductible, you will be expected to make payment on the date of your procedure. You will be notified at least one week prior to your appointment of your copay amount or deductible payment requested.

Please help us to serve you better by keeping your scheduled appointment or by contacting us within 24 hours of your scheduled appointment to re-schedule. **Failure to show for your procedure or cancelling your procedure less than 48 hours from your appointment time may result in a \$100 fee.**

You will be receiving a text message and an **email with instructions** to sign in to our **patient engagement system**. Please Note: This is not the same as our BMMSA patient portal or Main Line Health's my chart. This is specifically to enable you to answer questions related to your Endoscopy procedure. It will prompt you to setup a username and password which requires you to access a temporary password that will be emailed to you. This temporary password expires after a period of time so it must be entered and changed as soon as you receive it. If you have technical difficulties, no worries. We will call you a day or two before your procedure and review these questions over the phone.

PREPARING FOR YOUR UPCOMING PROCEDURE

You will be under sedation for your procedure. It is a Federal Requirement that you get a ride from a family member or responsible adult. You are not permitted to drive until the day following your procedure.

- You may NOT take an Uber, Taxi, or Bus home after your procedure, unless you are accompanied by a responsible adult.
- You may NOT walk home after your procedure unless you are accompanied by a responsible adult.
- Please make necessary arrangements in advance or speak with our office regarding ride concerns.
- Your driver must be present at the **time of discharge**.

SPECIAL INSTRUCTIONS REGARDING MEDICATIONS

- **REFRAIN FROM CANNABIS USE AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE**
- If you take the **blood thinning medications** such as Coumadin (Warfarin), Plavix, Xarelto, Eliquis, Pradaxa, Plavix, Effient, etc., you must speak with your Cardiologist and receive special instructions to hold this medication. If you take Aspirin because you have risk factors for coronary artery disease or stroke, DO NOT stop taking ASPIRIN.
- Stop taking the following medications 5 Days prior to your procedure: Vitamins, Herbal supplements, Ibuprofen (Advil, Motrin) or Aleve.
- If you use inhalers, please continue to use your inhalers as directed and bring them with you.
- If you are **diabetic**, please inform your Primary Care Physician or Endocrinologist about your scheduled procedure and discuss your diabetic medications. Adjustments to your medications may be required.
- If you are taking **Glucagon-like (GLP-1) receptor agonists** such as Ozempic, Wegovy, Mounjaro, etc, you must hold doses prior to your procedure date. If you are taking a daily dose, hold this medication for 2 days prior to procedure day. If you are taking a weekly dose, hold for at least 1 full week prior to your procedure date. Ask for additional documentation for specific medications in this category.



- It is important to inform us of any new medical conditions. This may impact your ability to receive anesthesia in our Ambulatory Surgery Center. New cardiac symptoms may require **cardiac clearance**. Please contact us!
- If you have an infection and are on antibiotics or need antibiotics, you may need to reschedule your appointment. You will not be able to receive anesthesia if you have an **active infection**.

THE DAY OF YOUR PROCEDURE THE FOLLOWING MEDICATIONS MAY BE TAKEN WITH A SMALL SIP OF WATER ONLY.

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|---|-------------------------|----------------------------------|
| Seizure medications | Anxiety Medications | Asthma Medications |
| Chronic Pain Medications | Parkinson's Medications | Restless Leg Syndrome Medication |
| Cardiac and Blood Pressure Medications except diuretics (water pills) | | |

IF YOU ARE UNSURE ABOUT MEDICATIONS, PLEASE CALL OUR ENDOSCOPY CENTER HELP LINE FOR ASSISTANCE.

THE DAY OF YOUR PROCEDURE

- **If you have cough/cold symptoms, you will need to reschedule your appointment. You will not be able to receive anesthesia if you are experiencing any respiratory symptoms.**
- **DO NOT DRINK ANYTHING 4 HOURS PRIOR TO YOUR PROCEDURE (because you are receiving anesthesia)**
- Chewing gum, eating mints and drinking water is **not permitted** when you are instructed not to eat or drink anything. You are permitted to brush your teeth.
- Bring or wear socks. Our facility is kept cool!
- If you wear reading glasses, please bring them with you.
- If you are having a colonoscopy or flexible sigmoidoscopy, you will be doing a **bowel prep**. Here are some helpful tips:
 - If you experience frequent constipation, please call our office. We would like to provide you with special instructions to make your prep more effective.
 - To protect your skin from prep irritation, you may apply **A&D ointment** to your anus before and after bowel movements. You may also want to use baby wipes instead of regular toilet paper.
 - If you begin to feel bloated or nauseated while drinking the bowel prep solutions, you may stop drinking for a brief amount of time to let things settle, then resume. This feeling is often temporary and should disappear once bowel movements begin. Bowel movements should begin 1-4 hours after the first glass of preparation.
 - After finishing your prep your stool should be watery, without formed particles of stool. It is normal for your stool to be green or yellow to clear in color. If your prep is not free formed stool a **Fleet Enema** can be used by following the instructions on the box.
 - If you are absolutely unable to finish the prep or cannot keep the prep down, you must call our **physician on call at (610) 525-9570 (after normal business hours) or the Endoscopy Center help line**
- Parking Options:
 - Valet services – Both facilities offer valet parking
 - Parking garage – Self Parking – Attached to the hospital at 830 Old Lancaster Road.

**ENDOSCOPY CENTER HELP LINE 610-527-3800 ext. 2060
(leave a message and we will call you back asap)**

**IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE, PLEASE CALL
THE GASTROENTEROLOGY OFFICE AT 610-525-9570.**

Please visit our website at www.BMMSA.com/ENDOSCOPY

LOW FIBER / LOW RESIDUE DIET

| FOOD GROUP | FOODS ALLOWED | FOODS TO AVOID |
|---|---|---|
| Beverages | Coffee, tea, decaffeinated coffee and tea, cocoa, carbonated beverages, fruit flavored drinks without pulp | Any beverages containing foods are not allowed; alcoholic beverages |
| Breads and Cereals 6-11 servings | Refined white, light wheat or rye bread and rolls; sweet breads; saltines or soda crackers All refined, cooked and ready-to-eat cereals (corn, oats, wheat and rice) such as Wheathearts, Malt-O-Meal, Cornflakes®, Special K®, Cheerios®, and Post Toasties | Rolls with nuts, seeds, coconut or fruit not allowed; bread containing cracked wheat particles or whole seeds; coarse, dry cereals; any with bran or raisins All others not listed as allowed Graham crackers, corn bread |
| Desserts Avoid too many sweets | All plain puddings, junket, custard, tapioca, gelatin desserts, fruit whips, smooth ice cream, fruit ice, plain sherbet, yogurt, cake, and cookies, pie made with allowed fruits | Rich pastry or cakes; those with nuts, seeds, raisins, coconut, dates or fruits not allowed on list |
| Eggs 3/week | All | Egg dishes prepared with ingredients not allowed |
| Fats Use in moderation | Butter, margarine, cooking oil, cream milk salad dressings and mayonnaise, as tolerated, bacon, plain gravies | Nuts, olives, all others |
| Fruits and Fruit Juices 2 servings/day | Fruit juice without pulp Canned: applesauce, cherries, fruit cocktail, peaches Fresh: bananas, cherries, grapefruit, melon, nectarine, peaches, plum | Prune juice Canned: pineapple, pears Fresh: apples, apricot, avocado, berries, mango, pear, dried dates, figs, prunes, raisins |
| Meat or Meat Substitute 5-7 ounces/day | Tender, broiled, stewed or creamed roast beef, veal, lamb, pork, ham, poultry, fish, chopped clams, oysters, liver, kidneys Cheeses: cream cheese, cottage, American, cheddar, Swiss or jack cheese Smooth peanut butter | Fried meats, fish, or poultry; meats highly seasoned or containing whole spices; sausage, frankfurters, strong cheeses or those containing seeds Dried beans or peas, chunky peanut butter All others not listed are allowed. |
| Milk Limit to 2 cups/day | All | None except those with seeds, nuts or fruits not allowed; limit milk to 2 cups/day |
| Potatoes and Substitutes | White and sweet potatoes (no skins); refined rice, macaroni, spaghetti, noodles | All others |
| Soups | Creamed soups with pureed or whole allowed vegetables; strained vegetable soups or chowders, meat or fish broths | Highly seasoned soups or those containing ingredients other than on allowed list |
| Vegetables and Vegetable Juice 2 servings/day | Cooked or canned artichoke hearts. Asparagus, beets, carrots, chard, green and wax beans, bean sprouts, mushrooms, pimento, pumpkin. Fresh and cooked tomato (no seeds or skins), stewed, pastes, purees, tomato juice. Limit vegetables to 2 servings/day and less than 2 gm fiber/serving. | All other raw, strongly flavored vegetables (cabbage, broccoli, cauliflower, summer squash, okra, brussel sprouts, parsnips, rutabagas, turnips, onions, corn, baked beans). All others not listed are allowed. |
| Miscellaneous | Sugar, jelly, honey, syrup, plain candy Salt, pepper, flavoring extracts, herbs and seasonings not listed to avoid Milk, gravies and cream sauces; barbecue sauce, mustard, ketchup | Any on not allowed list; jam, marmalade, fruit preserves, plain chocolate, chili pepper, curry powder, cloves, seed spices, horseradish, popcorn, pickles, salsa, relish, chutney, all seeds such as poppy, sesame and caraway |

| CLEAR LIQUID DIET | |
|--|---|
| ALLOWED ITEMS | ITEMS NOT ALLOWED |
| Water Clear broth Fat-free consommé Juices (apple, white grape, white cranberry and cider) without pulp Noncarbonated, powder based beverages (lemonade and Kool-Aid, no red/purple food coloring) Sodas (Sprite, 7-Up, ginger ale and seltzer) Coffee or tea (without milk or cream) Clear gelatin (without fruit pieces or red/purple food coloring) Water ice (without fruit pieces or red/purple food coloring) Clear, hard candies Salt and sugar | Milk Cream Milkshakes Tomato juice Orange juice Grapefruit juice Cream soups Any soup other than broth Oatmeal Farina Anything with red or purple food coloring-gelatin, popsicles and hard candy |

**You may have an unlimited amount of clear liquids.
 The menu below is a guide to help with meals.**

Sample Menu:

Breakfast: 8 ounces of apple juice, 1 cup of gelatin (without fruit), 1 cup of coffee with sugar but no milk or cream

Lunch: 1 cup of chicken consommé, 8 ounces of ginger ale, 1 cup of water ice, hot tea with sugar and lemon (no pulp)

Dinner: 1 cup of beef broth, 8 ounces of lemonade, 1 cup of gelatin (without fruit), hot tea with sugar and lemon (no pulp)