Bryn Mawr Medical Specialists Endoscopy Center Nulytely/Golytely Colonoscopy Preparation-<u>Afternoon Procedure</u>

Please review the Pre- Procedure Instructions for IMPORTANT information regarding diet, medication, and diffication and address from roughed have been sent to some these questionnaire. The link should have been sent to the online health history questionnaire or have phone. If you have frequent constipation, please call the physician on constipation	7 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
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Visit our website at www.BMMSA.com/endoscopy



Bryn Mawr Medical Specialists Endoscopy Associates

We are located at:

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

Please bring your <u>photo ID</u> and <u>insurance card</u> 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 <u>temporary password expires</u> 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 <u>Federal Requirement</u> 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 <u>daily</u> dose, hold this medication for 2 days prior to procedure day. If you are taking a <u>weekly</u> 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.

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:
 - o If you experience frequent constipation, please call our office. We would like to provide you with special instructions to make your prep more effective.
 - o 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.
 - o 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 <u>normal</u> for your stool to be <u>green or yellow</u> 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
 - o 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.

LOW FIBER / LOW RESIDUE DIET

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

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

You may have an <u>unlimited</u> 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)