

Colonoscopy Prep Instructions

MiraLAX/Dulcolax/Simethicone/Magnesium Citrate

Your procedure is scheduled on _____ with _____.

You should **ARRIVE** at _____.

Please arrive at: Southern NH Health, 8 Prospect Street, Nashua, NH 03060 - 2nd Floor, Endoscopy

The purpose of the colonoscopy prep is to clean your colon. The cleaner your colon is prior to your exam, the more likely we are to locate any abnormalities.

You CANNOT drive the remainder of the day after your procedure due to the potential side effects of the sedative given. Plan to return to work the following day. Please allow 2 ½ --3 hours at the facility.

We cannot perform your procedure without a responsible adult who can pick you up at the Endoscopy Department after your procedure and bring you home. You cannot use a taxi, Uber, bus, or any public transportation unless you are with a responsible adult.

Please note:

- If you are having a colonoscopy and an EGD, these instructions are inclusive of the EGD Prep.
- We require one week's notice for all procedure cancellations. Please call 603-577-5355 and press option 1 to cancel or reschedule your procedure.
- If you have tested positive for Covid within 30 days of your procedure, please call Foundation Gastroenterology at 603-577-5355.

COLONOSCOPY BOWEL PREP MATERIALS

- **MiraLAX:**
 - MiraLAX (or generic polyethylene glycol) 238 grams or 8.3 ounces.
- **Magnesium Citrate:**
 - One 10oz bottle
- **Dulcolax** (generic name: bisacodyl):
 - 5 mg- you will need 3 tablets (This is a laxative tablet, NOT the suppository or stool softener).
- **Simethicone** (Gas-X), 125 mg-- 3 tablets
- **Clear liquid of your choosing: Water, Gatorade, Propel, Vitamin Water, Crystal Light, or other non-carbonated clear liquid. (No RED or PURPLE)**
 - One 64-ounce bottle

TWO WEEKS BEFORE YOUR PROCEDURE

- If you have diabetes, be sure to contact your managing or prescribing provider for medication instructions. You should watch your blood sugar closely during your colonoscopy prep.
- If you take a GLP-1 medication (Ozempic, Trulicity, Victoza, Mounjaro), you may need to hold this for one week prior to your procedure. Please call Foundation GI for instructions if you have not heard from one of our nurses (603-577-5355).
- If you are on a prescription blood thinner/antiplatelet medication (such as Coumadin, Eliquis, Plavix, Xarelto, Brilinta, Pradaxa, Effient, or an equivalent), a nurse will contact your prescribing provider for instructions on holding this medication. If you have not heard from one of our nurses one week prior to your procedure, please contact Foundation Gastroenterology at 603-577-5355.

ONE WEEK BEFORE YOUR PROCEDURE

- Stop all Vitamins and Supplements, including Fish Oil and Iron.
- Stop any fiber supplements such as Metamucil, Benefiber or Citrucel.

FIVE DAYS BEFORE YOUR PROCEDURE

- Stop taking all NSAIDs (Ibuprofen, Advil, Aleve, Indocin, Voltaren, Mobic, Celebrex).
- You can continue taking Aspirin 81 mg.
- If you take Aspirin 325 mg, ask your prescribing provider if you can drop down to 81 mg for 5 days prior to your procedure.
- Begin a Low Residue, Low Fiber diet. These foods process quickly through the colon, providing an easier and more comfortable preparation.

FOODS TO AVOID THREE DAYS PRIOR TO YOUR PROCEDURE:

- Nuts and seeds
- Beans
- Raw fruits and vegetables, especially with peels and seeds
- Popcorn
- Raisins or other dried fruit
- High fiber cereals, oatmeal

EXAMPLES FOODS YOU CAN EAT THREE DAYS PRIOR TO YOUR PROCEDURE:

- Eggs
- White bread, plain bagels
- Chicken, turkey, ham, fish
- Crackers
- Plain or Vanilla yogurt
- Pasta
- Waffles or pancakes
- Lunch meat
- Applesauce, bananas, cantaloupe, avocado
- Creamy peanut butter or almond butter
- Mashed potatoes
- Low Fiber Cereal
- Ice Cream, Sherbet, Sorbet
- Canned or cooked fruit without seeds or peels

BOWEL PREP INSTRUCTIONS

The day before your colonoscopy is your “Prep Day.” Drink **CLEAR LIQUIDS ONLY** on your Prep Day. ***Do not eat any solid food on your Prep Day.***

Examples of CLEAR LIQUIDS: Water, Gatorade, Propel, Vitamin Water, Pedialyte, Crystal Light, apple juice, white grape juice, pear juice, flavored water, soda, tea or black coffee without any milk or cream, broth (chicken, beef, or vegetable), popsicles, Jell-O, Italian ice. ***NO RED OR PURPLE***

You should stay very hydrated all day, drinking at least one 8-ounce glass of water each hour.

Prep Day Timeline

At 3:00 pm: Take 3 **Dulcolax** tablets with at least 8 ounces of water

At 5:00 pm: Mix the **MiraLAX** (238-gram bottle) in 64 ounces of the clear liquid of your choosing. Begin drinking this mixture, one 8-ounce glass every 15 minutes. It will take you 2-3 hours to finish the mixture. **If you feel crampy or nauseous, take a break for 30 minutes.**

At 8:00 pm: Once you finish the MiraLAX mixture, take **Simethicone**, one tablet (125mg).

Between 10pm and Midnight: Drink the **Magnesium Citrate**, 10 oz bottle. Do not mix it with any other liquid. You can pour it over ice, drink it cold from the refrigerator or drink it at room temperature.

Once you finish the Magnesium Citrate, take **Simethicone**, two tablets (125mg each).

ABSOLUTELY NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR PROCEDURE.

If you eat or drink anything within 4 hours of your scheduled procedure, your procedure will be canceled.

Insurance Guide for Endoscopy Procedures

Insurance Coverage

- Insurance companies vary coverage for all endoscopy procedures. Whether you are having a screening colonoscopy or a diagnostic colonoscopy, your benefits may vary.
- Please note, you may be scheduled for a screening procedure but if a biopsy is required or a polyp is removed, your screening colonoscopy then becomes a diagnostic colonoscopy, and your insurance may need to process the claim differently.
- Your coverage may also vary based on the location of your procedure—either at Southern New Hampshire Medical Center or the Surgical Center of Greater Nashua. If your insurance policy requires a specific location, please contact our office to ensure you are scheduled appropriately.
- We encourage you to check your coverage by calling your insurance company directly before any procedure is performed to find out what your benefits are.

Out of Pocket Expense

- Your share of the cost of a procedure, the “out of pocket expense” is defined by your insurance policy. Out-of-pocket expenses can include deductibles and co-payments for the hospital and the ambulatory surgery center. Expenses can be annual or per procedure.
- For any endoscopic procedure, your insurance company determines the deductible and copayment amounts. You are financially responsible for these amounts.

Communicating with Your Insurance Company

What to ask:

- Tell the customer service representative that you are calling to check on your coverage for your colonoscopy and/or upper endoscopy, be sure to let them know the location for your procedure.
- Ask about “out-of-pocket” expenses, including co-pays, co-insurance, or any deductible (if not yet met). This will ensure you are fully informed of the possible costs you may incur prior to your procedure.
- You should also check to see what the coverage is for the anesthesia portion of your procedure. Each insurance company may have different coverage. The typical anesthetic used is propofol, be sure to check if this is a covered benefit under your plan.
- In addition, ask about coverage for specimens removed and sent to pathology (lab).

Financial Assistance

- All non-covered services will be your responsibility to pay.
- Financial assistance is available for patients who meet eligibility criteria. Contact the Financial Counselors at 603-577-2205 or 603-577-2241.
- Southern New Hampshire Medical Center as well as Foundation Medical Partners offers a prompt pay discount of 20% for balances greater than \$49.99 when paid within 45 days of the initial billing statement. There are also payment options available to help you; for these options call a patient relations advisor on 603-577-7800.