



WHAT TO BRING AND DO PRIOR TO PROCEDURE:

- Please bring your PHOTO ID and INSURANCE CARD.
- Please bring a list of your current medications (including non-prescription) and allergies.
- **YOU MUST HAVE A DRIVER 18 YEARS OF AGE OR OLDER WHO WILL ACCEPT RESPONSIBILITY AND DRIVE YOU HOME.** They will be notified when your procedure is over and MUST be present at the time of discharge to receive instructions and teachings. You are NOT allowed to take a bus, taxi, access a Ride, walk home etc.
- **If you do not have a ride, your procedure will be cancelled or rescheduled.**
- You should plan to be at our facility for at least 2 hours.
- Read prep instructions THOROUGHLY.
- **DO NOT DRINK ANYTHING FOR 3 HOURS BEFORE YOUR PROCEDURE.**

The Wyoming Endoscopy Center is located just North of Digestive Health Associates in New Bedford Square. The address is 7220 Commons Circle, Cheyenne WY 82009

MiraLAX PREP INSTRUCTIONS

5 Days prior to your procedure:

- Discontinue Iron and Fish oil
- If on blood thinners please make us aware, but you will need to consult with prescribing physician for possible hold or alterations of blood thinner (Coumadin, Warfarin, Pradaxa, Xarelto and Eliquis)
- If you are diabetic, please see Diabetic Instructions.

3 Days prior to your procedure:

- Discontinue Fiber Supplement
- Begin a low-fiber Diet...please see Diets and Tips
- Purchase bottle of Miralax (238 grams). You will not need a prescription as this is sold over the counter.
- Purchase 64 ounces of Gatorade/Powerade. No red or purple flavors
- Purchase 4 Dulcolax Tabs (5mg tabs)

1 Day prior to your procedure:

- The day before your procedure please have a light breakfast before 9:00am (soft egg, dried toast)
- After 9:00am please begin a clear liquid diet. Please see Diets and Tips
- Mix entire 238gram bottle of Miralax and 64 ounces of Gatorade/Powerade. The powder should dissolve completely. Store in the refrigerator to make mixture cold

- At 3:00pm take 4 (5mg) Dulcolax tablets with a glass of water (SOLD OVER THE COUNTER)
- Drink HALF of the mixture/prep starting at 6:00pm. You should pace yourself to drink about 8oz glasses over a 2-hour period. This is a glass every 15-30 minutes, until HALF the mixture/prep is finished
- Continue clear liquid diet the rest of the night

The day of the procedure:

- Beginning 5 hours prior to your procedure at time _____ [5 hours before], you will drink the second half of the Miralax/Gatorade mixture until it is completely finished.
- You MUST be finished with the entire prep 3 hours _____ [3 hours before colon] prior to your procedure time.
- You may take your morning medications with a sip of water.

3 HOURS PRIOR TO YOUR PROCEDURE YOU MAY NOT HAVE ANYTHING BY MOUTH including Clear Liquids, Candy, Mints, Gum, no smoking or electronic cigarette use. If you use chewing tabaco, please do not use for 6 hours prior to your procedure.

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Please do not bring any valuable items to the Wyoming Endoscopy Center. We will not be held responsible for replacing any lost or misplaced items. Thank you.

DIET and TIPS

Bowel Prep is needed to perform an effective Procedure. If your bowel prep is not sufficient it will result in the need to reschedule the procedure as we will not be able to see lesions or polyps.

High Fiber foods to AVOID 3 days prior to procedure:

- whole wheat or whole grain breads, cereals, and pasta
- brown or wild rice, oats, kasha, barley, and quinoa
- Fruits (fried and prune juice)
- seeds/nuts and foods containing them, peanut butter.
- Dried beans, peas and lentils
- Coconut, Popcorn
- Vegetables (this includes both raw and undercooked)

Low Fiber ALLOWED:

- white bread
- white rice, plain white pasta, crackers
- refined hot cereals: such as cream of wheat or cold cereals less than 1 gram of fiber per serving.
- pancakes/waffles made from refined flour.
- fruit/vegetables juice with little or no pulp, fruit flavored drinks/flavored water
- tender meat, poultry, fish, eggs and tofu
- milk and foods made from milk, yogurt, pudding, ice cream, cheese and sour cream-if tolerated
- butter, margarine, oils and salad dressing without seeds

CLEAR LIQUID DIET

- water, sports drinks, energy drinks, clear soda's (7-up, sprite, ginger ale) tea, black coffee, juice without pulp
- Clear broths, gelatin, popsicles (yellow or green)
- sugar, honey, syrup and hard candy
- **DO NOT EAT ANYTHING RED OR CONTAINING RED DYE**
- avoid flavors such as: strawberry, cherry, watermelon, grape and orange.

NO SOLID FOODS, NO MILK PRODUCTS, NO ORANGE JUICE and NO ALCOHOL