

SPCH Newport Short Stay- (541)574-4718
SNLH Lincoln City Short Say- (541) 557-6465

Lincoln city patients are last Thursday of the month

Colonoscopy and EGD preparation Instructions

Your procedure is scheduled on _____.
You will be contacted by our Pre-Admit nurse prior to your procedure to get an updated health history. During this call, the nurse will review your health history and follow up with your instructions. You should receive a call the evening or 2 days before your procedure (starting after 5 p.m.) with a confirmed hospital arrival time.

Designated Driver

You will be receiving conscious sedation for your procedure so you must have a designated driver to take you home. You will need to responsible adult to stay with you for 24 hours. At a minimum this person must be available to you after you are discharged. *YOUR PROCEDURE COULD BE CANCELLED FOR YOUR OWN SAFETY IF YOU DO NOT OBSERVE THE RESTRICTIONS.*

Diet

*FIVE days before the procedure: Stop eating CORN and food with SEEDS OR NUTS (including berries, tomatoes, etc.). NO POPCORN! The day before your procedure begin a clear liquid diet (no solid foods). The day of your procedure stop everything by mouth and clear liquids 3 hours prior to arrival at the hospital.

Medications

Medications may need to be stopped or adjusted prior to your procedure.

Medications	Should be stopped
Injectables: Semaglutide (Ozempic) Dulaglutide (Trulicity); Albiglutide; Exenatide (Byetta) and exenatide extended release (Bydureon, Bydureon BCise) Liraglutide (Victoza , with Insulin degludec [Xultophy]) Lixisenatide (Adlyxin , with Insulin Glargine [Soliqua])	Once weekly injection MUST be held. Hold for the entire week.
Semaglutide (Rybelsus) is the only one taken orally.	1 day before colonoscopy, when doing liquid diet and bowel prep
Coumadin (warfarin) and Plavix (clopidogrel),, Brilinta (ticagrelor), Aggrenox (Aspiri/dipyridamole), Ticlid (ticlopidine Hcl) and Iron supplements	5 days before colonoscopy
Xarelto (rivaroxaban), Pradaxa (Dabigatran etexilate) and Eliquis (apixaban)	2 days before colonoscopy
Insulin, diuretics and Digitalis	Morning of procedure
Also, stop IBUPROFEN or arthritis remedy medications (Advil, Narosym, Naproxen, Indocin). TYLENOL is an ACCEPTABLE medication to use.	

***The day before your procedure (COLONOSCOPY ONLY):**

1. Follow any instructions your doctor gave you for your PREP.
2. TAKE NO SOLID FOODS FOR THE ENTIRE DAY PRIOR TO YOUR PROCEDURE.
Drink liquids throughout the entire day of your PREP. Clear liquids include clear juices, broth, Jell-O, popsicles, fruit ices, Gatorade, soft drinks and coffee or tea without milk or cream. (NO RED JELL-O OR RED JUICES)
Diabetics: Check your blood sugar **4 times** while on a clear liquid diet. Recheck again the day of the procedure. If blood sugar is over 200, call Short Stay for further instructions from Dr. Hoque.

***The morning of your procedure (EGD AND COLONOSCOPY):**

1. You may have clear liquids only until 4 hours before you come to the hospital. Clear liquids are liquids you can see through: tea, black coffee, apple juice and Jell-O. (NO RED JELL-O OR RED JUICES)
2. Take any heart, blood pressure or seizure medications that you normally take in the morning. **If you are diabetic, take ½ amount of medication day before. Do not take any of your diabetic medications the morning of your procedure. DO NOT take diuretics ("water pills").**

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT SHORT STAY
PLEASE FOLLOW THE MIRALAX AND GATORADE INSTRUCTIONS CAREFULLY ON THE NEXT PAGE

**It is very important to follow these instructions exactly for a safe successful colonoscopy
If instructions are not followed your colonoscopy may be cancelled.**

Miralax and Gatorade

Colonoscopy Preparation Instructions

Purchase these supplies over the counter at your pharmacy:

1. 4 tablets of Dulcolax laxative (5mg of bisacodyl each)
2. 2 jars of Miralax (240 grams each or 8.3 oz) – 1 jar to be mixed with Gatorade and 1 jar extra
3. 1 bottle of 64 oz Gatorade (No red or purple) G2, Powerade, Powerade Zero are acceptable

1 Day Before Your Colonoscopy

Begin a clear liquid diet Clear Liquids (No red or purple items of any kind):	
Gatorade or Powerade	Clear broth or bouillion
Coffee or tea (no milk or non-dairy creamer)	Carbonated and non-carbonated soft drinks
Kool -Aid or other fruit-flavored drinks	Clear fruit juices (no pulp)
Jell-O	Popsicles, Hard candy

At 1200 noon: Take 2 Dulcolax tablets.

Mix 64 ounces of Gatorade with 1 jar of Miralax (8.3 oz) and place in the refrigerator to chill.

At 4pm: Take 2 Dulcolax tablets

At 6pm: Drink half of the total Miralax/ Gatorade solution (32 oz). Drink one 8oz glass every 15 minutes.

5 hours before colonoscopy or at midnight: Drink the other half of the Miralax/ Gatorade solution (32oz). Drink one 8oz glass every 15 minutes until mixture is finished.

4 hours before colonoscopy: If your stool is not clear or yellow liquid, drink quickly 4 cups full of Miralax powder mixed with 2 glasses of water. Please use the cover lid of the Miralax jar as the measuring cup.

If you followed the instructions your stool will be clear or yellow liquid. You are now ready for your Colonoscopy.

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POLICY



Samaritan
Health Services

Safe Return Home Policy- GSRMC, SAGH, SLCH, SNLH, SPCH

Applicable: Inpatient and Outpatient
Departments: Nursing
Workforce: Nursing

Version: 1

Approved: 01/17/2024
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Process Owner: System Document Management Operations Team
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PURPOSE

To ensure same day procedure patients have safe, reliable transportation home with a responsible caregiver that can monitor them for the first 24 hours after procedures requiring sedation or anesthesia.

DEFINITIONS

1. **Practitioner:** The attending physician performing the surgery or procedure.
2. **Responsible Caregiver:** An individual who should stay with and care for the patient for the first 24 hours after surgery.
3. **Safe Mode of Transportation:** A responsible individual and/or transportation system that can drive the patient home. For a pediatric patient requiring a car seat, two adults should be in the vehicle, one of whom is seated with the child.

IMPLEMENTATION

1. The patient's discharge plan starts with the practitioner's office and continues with the Pre-Op Clinic and extends through the day of surgery.
 - A. Practitioner's Office:
 - 1) The "Safe Return Home Instructions and Criteria" maybe reviewed with the patient.
 - 2) Patients unable to meet criteria for a safe return home are informed of the risks of delay and/or potential for cancellation of the procedure or surgery.
 - B. Pre-op Clinic:
 - 1) The "Safe Return Home Instructions and Criteria" are reviewed with the patient during the Pre-op Clinic interview.
 - 2) Patients unable to meet criteria for a safe return home are informed of the risks of delay and/or cancellation of the procedure or surgery and the practitioner is notified.
 - C. Day of Surgery:
 - 1) The "Safe Return Home Instructions and Criteria" are reviewed the day of surgery and staff verify that the patient has a signed agreement.
 - 2) Patients unable to meet criteria for a safe return home are informed of the risks of delay and/or cancellation of the procedure or surgery and the practitioner is notified.
 - 3) Prior to discharge:
 - a. The patient must meet the minimum post-anesthesia discharge criteria.
 - b. Patients must continue to meet the safe return home criteria and the practitioner is to be notified if they do not.
 - D. Documentation in Epic:
 - 1) Patient education regarding the safe return home criteria will be documented along with follow-up actions if the patient does not meet criteria at any stage of the process.
 - 2) A signed copy of the "Post-Anesthesia/Sedation Instructions" will be uploaded into Epic. See Attachment A.

REFERENCES/RELATED DOCUMENTS

- Attachment A: Post-Anesthesia/Sedation Instructions
- 2021-2022 Perianesthesia nursing standards, practice recommendations and interpretive statements.

Attachment A

Post-Anesthesia/Sedation Instructions:

For 24 hours after surgery/procedure

DO NOT:

- Drive a vehicle or operate machinery.
- Stay alone. A responsible individual should be with you as you may be light-headed, experience dizziness, sleepiness, or other complications related to your surgery/procedure.
- Drink alcohol or take any other non-prescribed medications not approved by your practitioner.
- Make personal or business decisions.

I understand these instructions and will have a responsible individual to transport me home and assist with after care for 24 hours after sedation/anesthesia.

Name: _____

Date: _____

Witness: _____

Date: _____