



## Endoscopy Center

The Endoscopy Center at the University of Kansas Hospital would like to provide you with some information regarding the preparation for your GI procedure.

The day before your procedure you should take all medications per your routine. The morning of your procedure all essential medications (such as blood pressure medications or scheduled pain medications) should be taken with a sip of water. If you are on blood thinners contact the physician prescribing the blood thinner, to notify your doctor of your procedure and discuss stopping Coumadin, Plavix, Aspirin, or Lovenox. You may need to be off your blood thinner at least 5 days prior to your procedure date.

Your prep for the following procedures is to not drink or eat anything after midnight the day before, except for taking essential medications with a sip of water.

EGD  
ERCP  
Motility Studies  
Liver biopsy  
Paracentesis  
Bronchoscopy  
Thoracentesis

Colonoscopy, sigmoidoscopy (flex sig), and capsule endoscopy require preparation to begin one week before your scheduled procedure. Those instructions are provided here for you. Please call 913-588-3945 if you have any questions.

On the day of your procedure, please report to the Admitting Office across from the Information Desk in the front lobby of KU Hospital at your scheduled day and time. You will be directed to the "New" Endoscopy Center located on the same floor as admitting (ground floor), just past the six pack elevators, down the first hall on the right to BH G500 for your exam.

Please follow these instructions for colonoscopy preparation.

### **Instructions:** MiraLax And Gatorade Prep

Purchase: (None of these require a prescription.)

- Miralax Powder **238 grams** (it is the larger container)
- 64 ounces of Gatorade (clear, can be colored but not red)
- One 10-ounce bottle Magnesium Citrate (do not take if you have renal failure)
- Dulcolax laxative tablets (you will take 4 tablets)



Please DO NOT EAT any foods containing nuts, seeds, or kernels for seven days prior to your colonoscopy, as this may interfere with the quality of the test.

Four Days Prior to the Procedure:

Stop taking Metamucil, Perdiem, Citrucel, and other bulk laxatives.  
Stop iron pills one to two weeks prior to procedure.

Stop blood thinners such as Coumadin, Aspirin, Ibuprofen, Plavix, Aleve, and Naproxen. (Check with your primary care physician for instructions regarding stopping your Coumadin or Plavix. However, your INR will need to be 1.5 or less the morning of your procedure.)

### **The Day Before the Procedure**

**DO NOT EAT ANY SOLID OR CREAMED FOODS**

You may drink all of the clear liquids you desire. (Clear liquids includes coffee (no creamers or milk), tea, broth, bouillon, flavored drinks, Gatorade, popsicles, apple juice, white grape juice and white cranberry juice. No purple or red drinks are permitted. Do not eat Jell-O! )

**At 1 p.m.:** Drink the Magnesium Citrate.

**At 4 p.m.:** Take all 4 Dulcolax by mouth.

**At 6 p.m.:** Mix all of the MiraLax powder with the Gatorade. Start drinking this fluid and finish it within 2 hours. (Drink 1 eight ounce glass every 5-10 minutes.)

Continue to drink lots of clear liquids.

You should have nothing by mouth 6 hours before your scheduled time of arrival; (however, you may take necessary heart, blood pressure or pain medications the morning of your procedure.)

If you have questions, call:

- 913-588-3945

If you need to reschedule, call:

- 913-588-3990

You will need someone to drive you home, and remain with you until you are fully recovered or we will not be able to do the procedure. You will be here about 3 hours. You will not be able to return to work the same day if you have received sedation. Please bring a list of your current medications and the dosages with you.



## GI ENDOSCOPY UNIT PATIENT PREPARATION INSTRUCTIONS CAPSULE ENDOSCOPY

You have been scheduled for a medical examination known as a Capsule Endoscopy. This procedure involves swallowing a small capsule the size of a large vitamin pill. This capsule will pass naturally through your digestive system while taking pictures. The images are transmitted via sensors on your abdomen to a recorder you will wear around your waist. The capsule is disposable and will be passed naturally in your bowel movement.

### PRIOR TO THE EXAM

- After lunch the day before the exam, start a liquid diet. **Do not have anything to eat or drink after 10:00 PM the night before, except for necessary medications with a sip of water.**
- Do not take any medications beginning 2 hours before the exam.
- Do not smoke for 24 hours prior to the Capsule Endoscopy.
- Male patients should shave their abdomen 6 inches above and below the navel on the day of the exam.
- We suggest you wear loose fitting, two piece outfit (pants or a skirt with an elastic waistband), as the data recorder is worn around the waist.

### DAY OF EXAM

- Please report to the Admitting Office across from the information desk in the front lobby of KU Hospital at \_\_\_\_\_ AM on (Day) \_\_\_\_\_ (Date) \_\_\_\_/\_\_\_\_/\_\_\_\_. After you have been registered, you will have a short interview prior to swallowing the capsule.
- After you have swallowed the capsule you may return home or to work. You are not required to stay in the unit. You will need to return 8 hours after you have swallowed the capsule so that we may remove the equipment

### DURING THE EXAM

- You may drink clear liquids (water, apple juice, Sprite) 2 hours after swallowing the capsule. You may eat a light meal 4 hours after swallowing the capsule. You may also take your normal medications at this time.
- Do not exercise. Avoid heavy lifting. You may walk, sit, and lay down. You can drive a car. You may return to work if your work allows avoiding unsuitable environments and/or physical movements.
- Avoid going near MRI machines and radio transmitters. You may use a computer, radio, stereo, or cell phone.
- Avoid getting the data recorder or sensor array leads wet.
- Try not to touch the recorder or the sensor array leads. Do not remove the sensor array leads. You may loosen the belt to allow yourself to go to the bathroom.



Please follow these instructions for Flexible Sigmoidoscopy preparation.

**Sigmoidoscopy** is a procedure used to view the lower 1/3 of your large colon. This test screens for colon cancer and can also help find the source of abdominal pain, bleeding, and changes in bowel habits. It is done using a sigmoidoscope, a flexible tube with a viewing lens and light. The following instructions prepare you for a sigmoidoscopy.

### Getting Ready

- Be sure to tell your doctor about any medications you take. Also, tell your doctor about any health conditions you may have.
- Ask your doctor about the risks of the test. These include bleeding, bowel puncture, and infection.
- Your rectum and colon must be empty for the test, so be sure to follow the diet and prep instructions exactly. Otherwise the test may need to be rescheduled.

### During the Procedure

- The test is done in the hospital GI Endoscopy unit. You may wear a hospital gown and will have a drape over your lower body.
- The procedure takes 15 minutes or less without sedation.
- The doctor performs a digital rectal exam to check for anal and rectal problems. The rectum is lubricated and the scope inserted.
- You may have a feeling similar to needing to have a bowel movement. You may also feel pressure when air is pumped into the colon. It is okay to pass gas during the procedure, and you will be encouraged to pass gas following the procedure.

### After the Procedure

- Usually your doctor will discuss the results with you right away, unless you are having other tests.
- Try to pass all the gas right after the test. Otherwise you may have bloating and cramping, that lasts longer into the day.
- After the test you can go back to your normal eating and other activities unless you received sedation. If you received sedation, then you will need someone to drive you home, and remain with you until you are fully recovered or we will not be able to do the procedure. You will be here about 3 hours. You will not be able to return to work the same day if you have received sedation.

The Endoscopy Center looks forward to providing you exceptional nursing care.