

Lower GI Tract EUS / Sigmoidoscopy

Google “WWMG GI Pre-Procedure Instructions” to locate this instruction PDF file.

General Instructions	5 days before	One day before	Procedure day:
<p>Read bowel prep instruction 1 week prior to Lower EUS/Sigmoidoscopy.</p> <p>LATE CANCELLATION FEE \$250, if cancelled within 5 business days.</p> <p>Secure a driver for the procedure day, no driving for 12 hrs. after procedure.</p> <p>Check insurance for requirement of referral or pre-approval.</p> <p>If you have implanted devices such as pacemaker, defibrillator, sleep apnea stimulator, neurostimulator, etc. Please notify the office.</p> <p>If you have an electronic stimulator, bring your remote control to turn off your stimulator.</p> <p>If you have an ostomy, please bring spare ostomy supplies with you.</p> <p>Do not bring jewelry, money, and other valuables to your colonoscopy.</p> <p>SUPPLIES: Available over the counter</p> <ul style="list-style-type: none"> • MiraLAX (OTC), 238 mg (14 dose) bottle • 28 oz or 32 oz Gatorade, 1 bottle <p>Note: green, yellow and/or orange colors only.</p> <ul style="list-style-type: none"> • Infant Mylicon Gas Relief Drops (simethicone) 0.5 oz (15 mL) (OTC) • Two (2) Bisacodyl Laxative tablets 5 mg • One (1) Bisacodyl Suppository • One (1) Fleet enema <p>Questions: call (425) 259-3122</p>	<ul style="list-style-type: none"> • Read the instructions now. • Stop following medications now: oil supplements, oil capsules, and iron pills. <p>Other medication instructions:</p> <ul style="list-style-type: none"> • If you’re taking diabetic medications, please ask for special instructions. • If you’re taking weight loss medications, please ask for special instructions. • If you’re taking blood thinners, such as Plavix, Effient, Warfarin, Eliquis, Pradaxa, or Xarelto, etc. please ask for special instructions. <p>FOR EUS PATIENTS ONLY: If you had any GI-related radiology studies done outside Providence Hospital in Everett (CT, ultrasound, or MRI), please request and obtain the radiology images on a CD. Bring it with you to the EUS appointment.</p>	<p>Clear liquid diet only (no solid foods!) for <u>Entire Day</u>: clear fruit juice without pulp such as apple juice, white grape juice, broth, Gatorade (No Gatorade Frost), popsicles, small amounts of coffee or tea without cream. No milk, red, blue, or purple colors.</p> <p><u>If you take diabetic medication(s):</u> follow special instructions.</p> <p>4 PM:</p> <ul style="list-style-type: none"> • Mix 1st entire 238 gm (14 dose) bottle of MiraLAX together with entire 32 oz bottle of Gatorade. Add 3 mL Mylicon to the above solution by using the syringe included in the Mylicon box. Draw up 0.6 mL per syringe and do it five times, which will give 3 mL total. Drink one 8 oz glass every 20 minutes as tolerated. Finish 4 glasses until it is gone. <p>7 PM: Take 2 Bisacodyl Laxative tablets 5mg with a large glass of water.</p> <p>10 PM: Insert 1 Bisacodyl Suppository into your rectum. Retain as long as comfort allows, usually 10-15 minutes.</p> <p>Night: Nothing to eat or drink except water after midnight.</p> <ul style="list-style-type: none"> • NO ALCOHOL 	<p><u>FOUR (4) HOURS:</u> before you leave home, give yourself on (1) Fleet Enema per rectum.</p> <p><u>Prior to 4 hours before check-in time:</u></p> <ul style="list-style-type: none"> • OK to drink water only. • OK to take usual prescribed medications, unless otherwise instructed for blood thinners, diabetic & weight loss medicines, etc. <p><u>Within 4 hours before check-in time:</u></p> <ul style="list-style-type: none"> • Nothing by mouth, including gum, hard candy, chewing tobacco, water, etc. <p><u>Be sure to bring:</u></p> <ul style="list-style-type: none"> • Medication list • A driver • Photo ID/Insurance card • Eyeglasses/Hearing aids <p>You CANNOT drink alcohol or drive for 12 hours after the procedure.</p>