



BROWN MEDICINE
BROWN PHYSICIANS, INC.

Brown Medicine Endoscopy Center
62 Amaral Street
East Providence, RI 02915
Ph: 401-649-4970

Your doctor has scheduled you for a colonoscopy.

Please read these instructions at least one week before your procedure.

These instructions are time sensitive.

1. A staff member of the Endoscopy Center will contact you prior to your procedure to confirm your arrival time and date of procedure.
2. Please bring your license, insurance card, a copy of your medication list, and the name and phone number of the person driving you home.
3. You will not be able to drive yourself home after receiving sedation medications at BMEC; you must have an adult companion/family member to take you home.
4. An UBER/LIFT/TAXI is **NOT** an acceptable adult companion.
5. If you do not have a responsible driver (family member or friend) to take you home, your exam will be cancelled.

Medications:

- Blood thinners such as **Coumadin (warfarin), Plavix (clopidogrel), Eliquis (apixaban), Pradaxa (dabigatran), Ticlid (ticlopidine), Lovenox (enoxaparin) Heparin, Xarelto (rivaroxaban)** will need to be adjusted prior to your procedure. Please check with the physician that orders these medications for specific instructions.
- **Aspirin 81 mg** should not be stopped prior to your procedure.
- If you take **blood pressure medications, pain medications, antianxiety medications**-please take your morning dose with a sip of water on the morning of your procedure after completing the second portion of your preparation (see below).

If you are a Diabetic:

- Contact your prescribing or primary doctor with any questions regarding the adjustment of oral or injectable diabetic medications prior to your procedure.
- Drink regular clear liquids the day before your colonoscopy instead of sugar free or diet liquids.

5 days before your procedure:

- Pick up your bowel preparation at the pharmacy.
- If the preparation is too expensive, please call our office to request an alternative.
- Stop taking fiber supplements.
- Stop taking products that contain iron, including multivitamins.
- You should start a **low residue diet 5 days prior to your procedure**. Fiber is not easily digested. Reducing fiber prior to your procedure may improve the bowel preparation process.
- **Avoid high-fiber food** such as popcorn, beans, seeds, multigrain bread or nuts. Limit your intake of salad/vegetables, fresh or dried fruit.
- You may eat **Low residue foods** which include white rice, white bread, cooked fruit and vegetables, Rice Krispy's, milk, cheese, chicken, beef, white pasta, fish. See attached menu

One day before your procedure:

- Have a light breakfast before 0900-toast, eggs, yogurt, coffee/tea with cream/milk are examples.
- Drink only clear liquids after you finish your light breakfast. Clear liquids are those that you can see through, ex. Apple, white cranberry juice; ginger ale or other soda products, water, black coffee or tea; popsicles, jello, clear soup like bullion or broth.
- **Avoid any clear liquids that are red, blue or purple.**
- Drink at least 8 ounces of clear liquids every hour after waking up.
- Do not drink alcohol on the day before or the day of your procedure.

The morning of your colonoscopy

- **Four hours prior to your arrival time**, take the 2nd part of your prescribed preparation as above.
- Do not drink anything else for at least 2 hours prior to your arrival time.
- No chewing gum or eating mints or hard candy.
- You must drink the entire preparation to ensure your colon is clear of all stool. If your stool is not clear yellow, your procedure may need to be rescheduled. Please call the endoscopy center if this occurs (401-649-4970).
- It is our policy that any female who has not had a hysterectomy or gone a full year into menopause, have a pregnancy test. This will be done at our center.

Comfort items

- Dress comfortably.
- Leave your jewelry at home.
- Wear glasses and not contact lenses.
- If you experience nausea or vomit during the preparation process, wait 30 minutes before drinking more fluid and start with small sips of solution. Walking may help decrease the nausea you are feeling. If the nausea persists, please contact the endoscopy center during business hours (401-649-4970) or the office after 3pm (401-649-4030) and the answering service will connect you with a physician.

You have been prescribed MIRALAX:

You will need to purchase:

Dulcolax tablets
MiraLAX (polyethylene glycol) 238 grams (store brand is fine)
Mylicon (simethicone) tablets or liquid

Also, One of the following:

64 ounces of Gatorade, propel, Pedialyte, iced tea, broth or other 'clear' liquid

The day before your procedure:

1. 4pm-take the 4 **Dulcolax** tablets.
2. 6pm-mix the **MiraLAX** in 64 ounces of a clear liquid of your choice-Gatorade, propel, Pedialyte, iced tea, beef/chicken broth. Many people find that chilling the MiraLAX mixture makes this easier to take. You need to drink 32 ounces-try drinking 8 ounces every 15 minutes until you have completed 32 ounces.

The day of your procedure:

3. The 2nd part of the **MiraLAX** mixture should be finished no later than 4 hours before your procedure.
 - a. Ex. If you have an 8am procedure, you should finish the 2nd part of the MiraLAX by 4a.m.
 - b. Ex. If your procedure is at 1pm, you should finish the 2nd part of the MiraLAX by 9a.m.
4. Take the 4 **Mylicon (simethicone) tablets** immediately after finishing the MiraLAX mixture.
5. You may continue to drink small amounts of clear liquids until 2 hours prior to your procedure.
6. If you have been instructed to take medications prior to your procedure, you should take them just after finishing the 2nd MiraLAX mixture.

You have been prescribed SUTABS-tablets:

You will need to purchase:

SUTABS- Tablets

Mylicon (simethicone) tablets or liquid

Please use the manufacturer's coupon that accompanies this information packet.

The day before your procedure:

1. Have a light breakfast before 0900-toast, eggs, yogurt, coffee/tea with cream/milk are examples.
2. Drink only clear liquids after you finish your light breakfast.
3. 6pm-take **12 SUTAB- tablets**, one tablet every 2-3 minutes, along with a total of 16 ounces of water or other clear liquid.

Approximately one hour after the last tablet is ingested, drink an additional 16 ounces of water over 30 minutes

The day of your procedure:

4. The 2nd set of **12 SUTAB- tablets** should be taken no later than 4 hours prior to your procedure. Take one tablet every 2-3 minutes and follow with 16 ounces of water.

Approximately one hour after the last tablet is ingested, drink an additional 16 ounces of water over 30 minutes

5. Take the 4 Mylicon (simethicone) tablets immediately after finishing the SUTAB tablets and water
6. If you have been instruction to take medications prior to your procedure, you should take them just after finishing this 2nd SUTAB step .
7. You may continue to drink small amounts of clear liquids until 2 hours prior to your procedure.

LOW RESIDUE DIET

The low residue diet has been prescribed to assist in the healing of the colon. It is also used on a temporary basis to prepare for procedures. This diet is low in fiber and fat. Milk and milk products should be avoided in people with diarrhea and/or lactose intolerance. Nutritional supplements that are low in residue and are lactose free, such as Ensure, Ensure Plus, and Sustacal, may be added to the low residue diet if additional calories and/or protein are needed.

<i>Food Type</i>	<i>Foods Allowed</i>	<i>Foods Not Allowed</i>
<i>Beverages</i>	<ul style="list-style-type: none"> • Coffee, tea and decaffeinated beverages including Kool-aid, fruit punch, fruit flavored beverages, and sports drinks • Skim or 1% milk (limit to 1 cup/day) • Carbonated beverages (limit to 1 cup per day) 	<ul style="list-style-type: none"> • High fat milk & milk products • Alcohol
<i>Breads, Cereal, Rice, & Pasta</i>	<ul style="list-style-type: none"> • Soft breads such as white breads, rolls, and hamburger/hot dog buns • Crackers without wheat, nuts, or seeds • Cooked or dry refined cereals (i.e. grits or cream of wheat) • Rice krispies, corn flakes, Special K. • White rice • Pasta, plain 	<ul style="list-style-type: none"> • Whole grain breads or cereals. • Oatmeal. • Breads or cereals containing nuts, seeds, or dried fruit. • Granola cereals. • Highly seasoned or whole grain crackers or pasta. • Brown or wild rice
<i>Fruit/Juices</i>	<ul style="list-style-type: none"> • All strained fruit juices • Canned peaches, pears, apricots • Applesauce • Ripe banana • Baked apple without skin 	<ul style="list-style-type: none"> • All other fruits and juices • No prunes or prune juice.
<i>Vegetables</i>	<ul style="list-style-type: none"> • Tender cooked soft vegetables limited to green beans, wax beans, asparagus, beets, carrots, and white potatoes (all skins removed) • Vegetable juices (not V-8) • Tomato sauce, plain with no spice 	<ul style="list-style-type: none"> • Raw vegetables • All vegetables with skins • Broccoli, brussel sprouts, cabbage, cauliflower, corn, dried beans and peas, onions, rutabagas • Fried vegetables • Highly seasoned or fried potatoes • Potato chips • V-8 juice
<i>Meat or Substitute</i>	<ul style="list-style-type: none"> • Baked, broiled, boiled, roasted, stewed, or microwaved tender chicken, turkey, veal, beef, lamb, and lean pork • Smooth peanut butter • Tofu • Eggs or egg substitute (not fried) • Tuna, crawfish, shrimp, crabmeat • Low fat cheeses • Soft mild American or cheddar cheese 	<ul style="list-style-type: none"> • All fried meats • Meats cooked in a fatty roux or cream sauce • Tough, stringy, highly seasoned meats • Sausage, boudin, cracklins • Regular cold cuts, hot dogs • Dried peas or beans • Sharp yellow or other strongly flavored cheeses

<i>Soups</i>	<ul style="list-style-type: none"> • Clear broth based soups • Chicken or turkey noodle • Chicken with rice 	<ul style="list-style-type: none"> • All others
<i>Fats/oils</i>	<ul style="list-style-type: none"> • Limit 1-2 tsp per meal • Margarine, butter, mayonnaise, oil, non-dairy creamer • Crisp bacon, limit to 2 slices/day 	<ul style="list-style-type: none"> • All fried foods • All others.
<i>Sweets & Desserts</i>	<ul style="list-style-type: none"> • Sugar, syrup, honey, jelly, seedless jam, molasses, non-nutritive sweeteners, • Hard candies • Plain cakes (angel food, sponge) • Plain cookies (animal, sugar, vanilla) • Jello-O, Popsicles, sherbet, frozen yogurt • Ice cream/milk (limit to 2X weekly) 	<ul style="list-style-type: none"> • Jams & marmalade • Sweets containing nuts, coconut, or chocolate • All others
<i>Miscellaneous</i>	<ul style="list-style-type: none"> • Salt, mild herbs and flavorings, such as vanilla, cinnamon and paprika • Mildly flavored gravies and sauces • Lemon juice 	<ul style="list-style-type: none"> • Strongly flavored seasonings including black and red pepper • Mustard seeds, onions, garlic • Strong condiments such as vinegar, catsup, mustard, barbecue sauce, horseradish, steak sauce • Coconut, nuts, pickles, olives, popcorn

Sample Menus

Breakfast

½ cup apple juice
 ½ cup grits w 1 tsp margarine
 1 poached egg
 1 slice white toast
 1-cup skim milk
 1-cup decaf coffee

Lunch

3 oz roast beef/gravy
 ½ cup mashed potatoes
 1-cup steamed carrots
 1 dinner roll
 1 slice angel food cake
 1-cup fruit punch

Dinner

3 oz baked chicken
 2/3 cup buttered rice
 ½ cup green beans
 ½ cup canned peaches
 1-cup iced tea

Breakfast

1-cup corn flake cereal
 1-cup skim milk
 1 ripe banana
 1-cup decaf coffee

Lunch

1-cup chicken noodle soup
 Sandwich: 3 oz turkey, white bread, 1 tsp mayonnaise
 1-cup fruit punch

Dinner

3oz baked pork
 Mashed potatoes
 1 tsp margarine/butter
 1-cup waxed beans
 1-cup sherbet
 1-cup Kool-aid