

GEISINGER
SCENERY PARK

200 Scenery Drive, State College

For more information,
or to schedule an
appointment please call

814.272.7200

WWW.GEISINGER.ORG

PATIENT INFORMATION

WELCOME TO GEISINGER
ENDOSCOPY CENTRE

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200 Scenery Drive, State College

REDEFINING BOUNDARIESSM

Colonoscopy Preparation

Dietary and Drug Restrictions

Aspirin. If aspirin was prescribed by your doctor, continue to take as directed; otherwise, stop one week before procedure.

No Iron Supplements. Stop one week before procedure.

Anti-Inflammatory Medicines. If anti-inflammatory medicines (ibuprofen—Motrin, naproxyn—Aleve, etc.) were prescribed by your doctor, continue to take as directed; otherwise, stop two days before procedure.

Aspirin and Plavix: If you are taking aspirin and Plavix, continue taking the aspirin and check with your doctor about stopping Plavix one week before procedure. If your doctor does not want you to stop taking Plavix, contact the Endoscopy Centre at 814-231-4572.

No chewing tobacco, gum or hard candy after midnight.

Low Residue Diet

Start three days before procedure. No corn, popcorn, peas, poppy seeds, caraway seeds, cucumbers, etc. Avoid nuts and whole grains. No Olestra (fat substitute).

Supplies Needed

- 4 Dicolax (biscodyl) tablets
- 1 Miralax 8.3 oz. (238g) bottle
- 2 Gatorade 32 oz. bottle (NOT red or purple)

Day Before the Colonoscopy

Start clear liquid diet. NO SOLID FOOD. NO MILK OR DAIRY. NO ALCOHOL. Drink an extra 8 oz. of clear liquid every hour (Gatorade preferred). Mix ½ of Miralax bottle in each of two Gatorade 32 oz. bottles.

At 3 pm, take 4 Dicolax (biscodyl) tablets and continue clear liquids.

At 6 pm, begin drinking the first bottle of Gatorade/Miralax solution, one 8 oz. glass every 15-30 minutes (over 1 to 2 hours) until the first bottle is gone. Continue to drink clear liquids until bedtime.

Day of Colonoscopy

4 to 6 hours before your procedure, drink the second bottle of Gatorade/Miralax solution—an 8 oz. glass every 15 to 30 minutes.

Have nothing by mouth for at least three (3) hours before your scheduled procedure. For example: if your procedure is scheduled for 8 am, you will need to finish your second bottle of Gatorade/Miralax no later than 5 am.

Your doctor has referred you to the
Geisinger Endoscopy Centre. Your appointment is

_____ at _____

If for any reason you cannot keep this appointment, please
call 814.272.7200. Thank you.

Your physician has recommended you to the Geisinger Endoscopy Centre for a procedure. Please be certain to review the instructions for your procedure at least one week prior to your appointment as there are several things you will need to do to prepare.

When you arrive, please enter through Entrance One. You will check-in at the Registration Desk located on the first floor. After you have completed checking in, you will be directed to the second floor for your procedure.

Please note:

- You will need to have someone drive you home following the procedure. You may not walk home or use public transportation (bus, taxi or senior van). You may not drive until the following day. If you do not have someone to drive you home, the procedure will not be performed.
- We are not responsible for any valuables (purses, jewelry, wallets). Please do not bring these with you.
- All body piercings must be removed.
- Do not wear contacts.
- Be sure to bring your insurance card with you.

If you have a question regarding your procedure or the prep, please call 814.231.4572 between 7 am and 3:30 pm to speak to one of our nurses.

If you cannot keep your appointment for any reason, please call our Appointment Desk at 814.272.7200.