

Welcome

At Benefis Gastroenterology, our mission is to serve you with comprehensive, personalized, effective gastrointestinal treatment, and to promote your ongoing health and wellness.

This packet includes important information regarding your upcoming procedure, such as:

- **What to eat and when**
- **Driving arrangements**
- **Grocery list for prep prior to procedure**

Your procedure is scheduled for: _____.
Date

Please arrive at _____ a.m. / p.m.
Time

Your provider is _____.

Procedure Location:

Benefis Endoscopy
5th Floor, South Tower
Benefis East Campus
1101 26th Street South
Great Falls, MT 59405

If you need to cancel or reschedule your procedure, please notify us as soon as possible by calling **(406) 731-8384**.

Preparing for your Colonoscopy Procedure

Please carefully follow the procedure prep instructions, which are necessary for the safety of your procedure. If you have any questions, please call (406) 731-8384 and ask to speak to a nurse.

One Week before Your procedure:

- One week prior to your procedure please hold all over the counter vitamins and supplements including fiber and iron.
- **If you are taking any of the blood thinning medications listed below**, please consult your cardiologist or prescribing provider about stopping your blood thinning medication ahead of time. Please let us know immediately if the time frames listed below are not acceptable to that provider.
 - **Aspirin (325mg)** Stop taking seven (7) days prior to your procedure.
 - **Brilinta (Ticagrelor)** Stop taking five (5) days prior to your procedure.
 - **Coumadin (Warfarin)** Stop taking five (5) days prior to your procedure.
 - **Effient (Presugrel)** Stop taking seven (7) days prior to your procedure.
 - **Eliquis (Apixaban)** Stop taking two (2) days prior to your procedure.
 - **Plavix (Clopidogrel)** Stop taking seven (7) days prior to your procedure.
 - **Pradaxa (Dabigatran)** Stop taking five (5) days prior to your procedure.
 - **Savaysa (Edoxaban)** Stop taking one (2) day prior to your procedure.
 - **Xarelto (Rivaroxaban)** Stop taking two (2) days prior to your procedure.
 - **Pletal (Cilostazol)** Stop taking four (4) days prior to your procedure.
 - **Elmiron (Pentosan Polysulfate Sodium)** Stop taking two (2) days prior to your procedure.

Three days before Your procedure:

Eat a low- residue diet. Including food such as soup, fish, chicken, eggs, white rice, bread, crackers, plain yogurt, pasta, potatoes with no skin, gelatin, broth, and bouillon.

Avoid eating foods such as fresh and dried fruit, vegetables, raisins, nuts, seeds, cloves, and any meat aside from what is listed in the group of allowed foods above.

The Morning of Your Procedure:

- **If you are on anti-seizure or beta-blocker medications**, make sure to take them on the morning of your procedure. You can take these with a clear liquid.
- **Do not take diuretics or long- or short- acting diabetic medication (including oral medication)** the morning of your procedure. If you are diabetic, make sure to check your blood sugar the morning of your procedure. Contact your endocrinologist or primary care provider with questions.

Contact your insurance company to determine if pre-authorization is required. **DO** not assume your procedure is automatically covered. You may still be responsible for a deductible or copayment.

Shopping List: (these products can be purchased without a prescription)

- 12 (twelve) Dulcolax (Bisacodyl) laxative 5 mg tablets or generic equivalent
- 2 (two) Bottles Miralax: 238 Gram (8.3 Ounces) powder or generic polyethylene glycol 3350 (laxative section)
- 2 (two) 64-ounce bottle of electrolyte replacement solution such as Gatorade, Pedialyte, Powerade or Propel (**no Red or Purple**). If unable to find 64-ounce bottle just need a total of 128 ounces of electrolyte replacement. Diabetics should choose a sugar free option.
- 1 (one) bottle of infants Mylicon(Simethicone) liquid (infant section).
- 1 (one) bottle of magnesium citrate (10 fluid ounces/296mls).

Full Liquid Diet Two Days Before Procedure

- Juice: orange and pineapple
- Soup: tomato, cream of wheat
- Supplemental Drink: Boost or Ensure
- Ice cream or milk shake
- Pudding

Clear Liquid Diet Before Procedure: (no liquids with red/purple dye)

- Bouillon/Broth: chicken, beef or vegetable
- Juice: apple, white cranberry, white grape
- Water: plain or flavored
- Soda: Sprite or 7-Up, Coke, Pepsi, Ginger ale, Root Beer
- Other: Gatorade, Crystal Light, Pedialyte, coffee, tea (**Do NOT add milk, cream or non-dairy creamer**; you may add sugars or other sweeteners if desired)
- Popsicles or Jell-O: Orange, Yellow, or Green
- **NO ALCOHOL**

Three Days Before
Procedure Eat a Low
Residue Diet



Two Days Before Procedure
Start a **Full Liquid Diet**
beginning at **7AM**



Two Days Before
Procedure
1 P.M.
Take 3 Dulcolax Tablets



Two Days Before
Procedure
3 P.M.
Drink Half the Gatorade,
Miralax, & Mylicon solution

Begin a **Clear Liquid Diet**
starting at dinner



Two Days Before Procedure
9 P.M.
Drink the other half of the
solution



Two Days Before
Procedure
10 P.M.
Take 3 Dulcolax tablets

2-day prep instructions

Three days before your colonoscopy eat a low residue diet.

Two Days Before your Colonoscopy:

No Solid food starting at breakfast two days before your procedure.
You may have **full liquids only starting at 7 A.M.** two days before your procedure.

Step 1:

At 12 P.M. two days before your colonoscopy mix your Gatorade preparation:

Mix 1 bottle of Miralax Powder with the 64-ounces of electrolyte solution and Mylicon liquid 5 (five) full droppers or 3 mls.

Step 2:

At 1 P.M. two days before your colonoscopy:
Take 3 (three) Dulcolax tablets.

Step 3:

At 3 P.M. two days before your procedure
Drink **HALF** or 32 ounces of the solution by drinking 1 (one) 8 oz. glass approximately every 15 minutes to total 4 (four) glasses.

Start a CLEAR liquid diet beginning at dinner two days before your colonoscopy.

Important: If you experience prep-related symptoms (example: Nausea, bloating or cramping) pause or slow down the rate of drinking until your symptoms diminish.

Step 4:

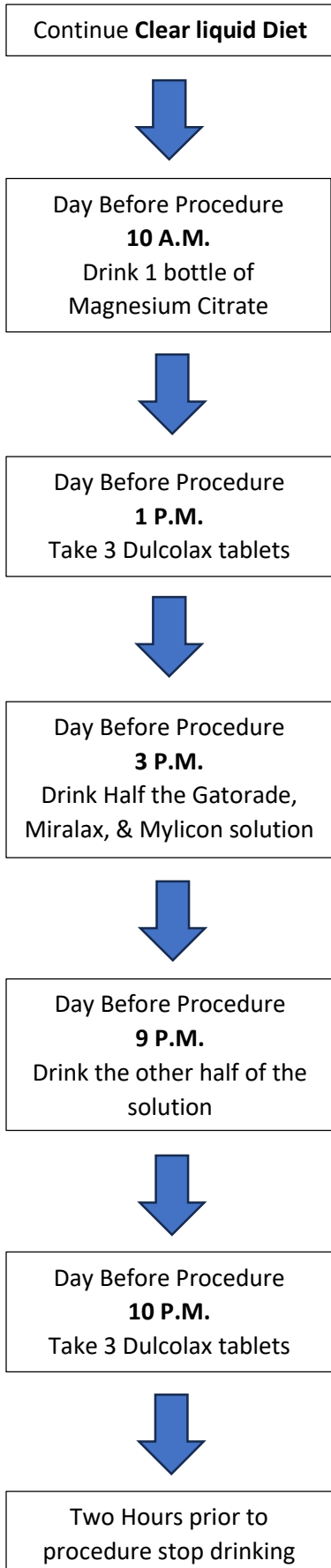
At 9 P.M. two days before your procedure
Drink **THE OTHER HALF** or 32 ounces of the solution by drinking 1 (one) 8 oz. glass approximately every 15 minutes to total 4 (four) glasses.

Step 5:

At 10 P.M. two days before your colonoscopy:
Take 3 (three) Dulcolax tablets.

On the day before your procedure please follow the day before your procedure instructions.

Continue following these instructions for cases starting BEFORE 12:00



One day before your colonoscopy:

Continue a clear liquid diet the day before your procedure. You may have **CLEAR LIQUIDS ONLY** on the day before your procedure.

Step 1:

At 10 A.M. on the day prior to your procedure drink 1 (one) 10 ounce bottle of magnesium citrate.

Step 2:

At 12 P.M. on the day before your colonoscopy mix your Gatorade preparation: Mix 1 bottle of Miralax Powder with the 64-ounces of electrolyte solution and Mylicon liquid 5 (five) full droppers or 3 mls.

Step 3:

At 1 P.M. on the day before your colonoscopy:
Take 3 (three) Dulcolax laxative tablets.

Step 4:

At 3 P.M.

Drink **HALF** or 32 ounces of the solution by drinking 1 (one) 8 oz. glass approximately every 15 minutes to total 4 (four) glasses.

Important: If you experience prep-related symptoms (example: Nausea, bloating or cramping) pause or slow down the rate of drinking until your symptoms diminish.

Step 5:

At 9 P.M. on the day before your colonoscopy:

Drink **THE OTHER HALF** or 32 ounces of the solution by drinking 1 (one) 8 oz. glass approximately every 15 minutes to total 4 (four) glasses.

Step 6:

At 10 P.M. on the day before your colonoscopy:

Take 3 (three) Dulcolax laxative tablets.

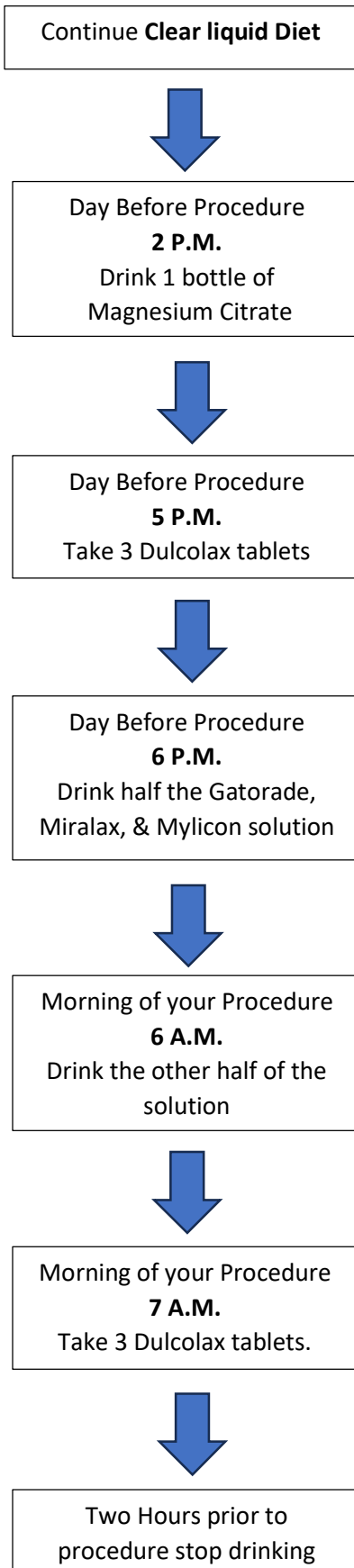
Two hours prior to your colonoscopy:

Stop drinking and have nothing more by mouth.

(This includes gum, lozenges, hard candy and chewing tobacco.)

IF YOU DO NOT STOP DRINKING (2) TWO HOURS BEFORE YOUR PROCEDURE, YOUR PROCEDURE MAY BE CANCELED.

Continue following these instructions for cases starting AFTER 12:00 P.M.



One day before your colonoscopy:

Continue a clear liquid diet the day before your procedure. You may have **CLEAR LIQUIDS ONLY** on the day before your procedure.

Step 1:

At 2 P.M. on the day prior to your procedure drink 1 (one) 10 ounce bottle of magnesium citrate.

Step 2:

At 4 P.M. on the day prior to your colonoscopy mix your Gatorade preparation: Mix 1 bottle of Miralax Powder with the 64-ounces of electrolyte solution and Mylicon liquid 5 (five) full droppers or 3 ml.

Step 3:

At 5 P.M. on the day before your colonoscopy:
Take 3 (three) Dulcolax laxative tablets.

Step 4:

At 6 P.M.
Drink **HALF** or 32 ounces of the solution by drinking 1 (one) 8 oz. glass approximately every 15 minutes to total 4 (four) glasses.

Important: If you experience prep-related symptoms (example: Nausea, bloating or cramping) pause or slow down the rate of drinking until your symptoms diminish.

Step 5:

At 6 A.M. morning of your procedure
Drink **THE OTHER HALF** or 32 ounces of the solution by drinking 1 (one) 8 oz. glass approximately every 15 minutes to total 4 (four) glasses.

Step 6:

At 7 A.M. on the day of your colonoscopy:
Take 3 (three) Dulcolax laxative tablets.

Two hours prior to your colonoscopy:

Stop drinking and have nothing more by mouth.
(This includes gum, lozenges, hard candy and chewing tobacco.)

IF YOU DO NOT STOP DRINKING (2) TWO HOURS BEFORE YOUR PROCEDURE, YOUR PROCEDURE MAY BE CANCELED.

Diarrhea should start within one hour of the first dose, but may take 5-6 hours, depending on the person.

You may experience irritation to the anal area due to the diarrhea. If you experience anal discomfort, you may use pre-moistened towelettes. You may also apply Vaseline or Desitin to the peri-anal area after each bowel movement to minimize irritation.

4 Hours prior to your procedure your bowel movement should look clear with a yellow or green tinge, and you should be able to view the bottom of the toilet. If you are not able to do this, please call our endoscopy lab at 406-455-5224.

What to Expect from your Colonoscopy Procedure:

A nurse will start an IV when you arrive for your procedure. Before the procedure begins, your provider will speak to you about what to expect during your procedure. An anesthesia provider or a nurse directed by the physician will give you medication through your IV to make you sleepy. Biopsies can be taken, if necessary, but you will not feel this during the procedure. You will be monitored closely through the procedure.

After Your Procedure:

It is your responsibility to have someone take you home from the hospital: you cannot drive after the procedure due to the IV sedation.

It is required that someone stay with you until the next morning. You should avoid operating any machinery, going to work, or signing any legal documents for the rest of the day. You should be able to return to work the next day.

Additional Resources:

Benefis Financial Counselors

(406) 455-3535

Benefis Medical Records

(406) 455-5642

Benefis Native American Welcoming Center

(406) 455-5197

Benefis Gastroenterology Clinic

(406) 731-8394

If you are on a weight loss or diabetic medication not listed below, please call 406-455-5224 to speak with a nurse regarding pre-procedure medication requirements.

To prepare for your upcoming procedure/surgery:

DAILY Exenatide (Byetta®) Liraglutide (Victoza®) Lixisenatide (Adlyxin®) Semaglutide tablets (Rybelsus®)	STOP 2 days prior to surgery date	GLP-1 Receptor Agonists
WEEKLY Albiglutide (Tanzeum®) Dulaglutide (Trulicity®) Exenatide XR (Bydureon®) Tirzepatide (Mounjaro®) Semaglutide (Ozempic®, Wegovy®)	STOP minimum 7 days before surgical date; STOP 14 days if possible	GLP-1 Receptor Agonists
Canagliflozin (Invokana®) Dapagliflozin (Farxiga®) Empagliflozin (Jardiance®) Bexagliflozin (Brenzavvy®)	STOP 3 days prior to surgery date	SGLT2-Inhibitors
Ertugliflozin (Steglatro®)	STOP 4 days prior to surgery date	

If you are taking these medications **daily**, you will want to **STOP** taking them two days prior to your procedure and **DO NOT** take day of your procedure/surgery.

If you are taking these medications **weekly**, you will want to **STOP** taking them seven days prior to your procedure and **DO NOT** take day of your procedure/surgery.

If you are unable to stop this medication you will want to consult with your prescribing provider.

If these medications are not stopped following the appropriate guidelines your procedure/surgery may be canceled and rescheduled.

Benefis Surgical Services & Endoscopy

Your Care with *Epic!*

We have a new look with our upgraded electronic medical record system!
You may notice changes to our processes. Epic allows us to offer many important features, including a single bill for hospital and provider services.



Benefis Health System is excited to usher in a new era of patient care with Epic MyChart, our new patient portal.

With MyChart, you'll be connected to more tools than ever to help you take charge of your health. It is the top-ranked medical app and used by 178 million people worldwide.

In Epic MyChart, you can:

- Access your health records and message your providers.
- Schedule appointments and request medication refills.
- Get screening reminders.
- Ensure providers even at different locations have the most up-to-date information about your care.
- Pay your bill and take advantage of prompt pay discounts.
- Support family members through medical care, even if you're a thousand miles away.
- Complete appointment-related questionnaires in advance of your appointment right from your phone!

Your health records are secure and safe with Epic's cutting-edge technology.

To sign up for MyChart, scan the QR code below or visit Benefis.org/MyChart.



Two-Day Bowel Prep Kit

A bowel prep kit can easily be picked up at **Benefis Community Care** for your convenience.

Hours: 8 a.m. - 5 p.m. Monday - Friday

Each Kit Contains:



2 MiraLAX
(Laxative)

Simethicone Drops
(Antigas)

Cleansing
Wipes

Bisacodyl Tablets
(Laxative)

Vaseline

Magnesium Citrate
(Laxative)

Total: \$44

Note: Gatorade, Pedialyte, Powerade, and/or Propel will need to be picked up at your local convenience store. Avoid drinks with red or purple food coloring as it can affect your results.

Benefis Community Care
1411 9th Street South
Great Falls, MT 59405
(406) 771-6400

