Snoqualmie Valley Health

LIVE BOLDLY.
LIVE WELL.

Dear _____,

Thank you for allowing us to serve you! Your appointment details are as follows:

Procedure: UPPER ENDOSCOPY AND COLONOSCOPY

Where: Snoqualmie Valley Hospital Endoscopy Unit (check in at main hospital front desk)

Date: _____

Check-In Time: _____

Important: Please read all instructions thoroughly at least 2 weeks prior to your procedure. Ensure that you have picked up your bowel preparation solution and have it on-hand to prevent last-minute cancellations!

1. You ***will not*** be able to drive yourself home, arrange for a ride
2. Your appointment will last approximately 1.5-2.5 hours.

Please call us at (425) 831-3537 with any questions or concerns!

Thank you,

Snoqualmie Valley Hospital Endoscopy Unit

Snoqualmie Valley Health

UPPER ENDOSCOPY AND COLONOSCOPY PREPARATION INSTRUCTIONS

7 DAYS BEFORE your Upper Endoscopy and Colonoscopy

- **Make sure you have a responsible adult** (18 years or older) to drive you home and stay with you on the day of your procedure. For safety reasons your procedure will be canceled if you do not have someone to go home with you.
- **If you are diabetic, taking diabetes medications, taking blood pressure or weight loss medications**, please refer to the instructions or adjustments to your medication listed below.
- **Inform the Endoscopy department if** you have a pacemaker, defibrillator, or other implanted electronic device.
- **Start low fiber diet** – see below for low fiber diet guide
- **If you take aspirin daily**, contact your doctor for instructions on holding this medication
- **Please contact the Endoscopy department if you have started taking blood thinning medications after your procedure was scheduled.**

1 DAY BEFORE your Upper Endoscopy and Colonoscopy

Do not consume alcohol, use marijuana, take mind-altering medications, or use illicit drugs within 24 hours of your procedure

- **Avoid foods that contain red, blue or purple dyes –** these may interfere with your procedure
- **It is recommended** to buy flushable wet wipes to help with discomfort once you begin taking your bowel prep
- **Stop eating solid food and start a clear liquid diet 24 hours before your procedure.**

You may have ONLY CLEAR LIQUIDS, such as:		
✓ Black coffee or tea (sugar is OK)	✓ Popsicles or Jello-O (no red or blue)	✓ Bouillon/broth
✓ Soda (clear or cola is OK)	✓ Fruit juice: apple, white grape, white cranberry	✓ Water (flavored water/coconut water (no pulp)
✓ Clear sports drinks: Gatorade, Pedialyte		
DO NOT DRINK:		
× Milkshakes	× Juice that is not clear: orange, pineapple, grapefruit and tomato	× Alcohol
× Smoothies	× Cooked cereal	
× Milk, dairy or non-dairy		

- **Early in the day**, prepare solution (NuLytely/GoLytely) by adding lukewarm water to the top line of the bottle. Shake well until the mix is dissolved. Optional: Add flavor packets or Crystal Light to mixture to enhance taste. For best taste refrigerate the solution for 1 hour before drinking. Use within 48 hours.
- **Between 4-6 PM begin drinking** 8-ounces of solution every 15 minutes, until you finish 2 liters (half of the container). Place the rest in the refrigerator until time for the second dose.
- **Drink at least** 16-ounces of water following your first dose and continue to drink clear liquids all evening until bedtime.

Snoqualmie Valley Health

UPPER ENDOSCOPY AND COLONOSCOPY PREPARATION INSTRUCTIONS

DAY OF your Upper Endoscopy and Colonoscopy

- **Six hours before your check in time**, being drinking the remainder of your bowel prep solution. Drink 8-ounces of solution every 15 minutes until the bottle is empty.
- Take your normal medications and continue drinking clear liquids **until 3 hours before** your check-in time
- After drinking all of your bowel prep, your bowel movements should be liquid yellow and clear **– it is important to finish the bowel prep solution even if you have several clear bowel movements in a row.**
- **Three hours prior to your check-in time, STOP taking anything by mouth, including water/fluids, gum, mints, and lozenges.**

Additional Information:

- You can plan to be at the hospital for 1 ½ - 2 ½ hours for your procedure.
- Bowel movements can take up to 2 hours to start after beginning the prep, but may take longer, depending on the person.
- If you have nausea or vomiting, stop and take a 30-minute break from drinking the bowel prep, then start taking it again at a slower rate. Refrigerating the prep ahead of time may help reduce nausea. Try using a straw. Attempt to drink all of the prep, even if it takes longer.

AFTER your Upper Endoscopy and Colonoscopy

- **You must have a responsible adult (18 years or older) or approved Cabulance service available to take you home after your procedure.** You cannot drive, walk, take a taxi/Uber/Lyft, use Hopelink, or take public transportation home **WITHOUT** a responsible adult with you.
- **Do not** operate machinery, sign legal documents, or care for other people for the rest of the day.
- Avoid alcohol/marijuana/sedatives for 24 hours.
- If biopsies were taken, do not take blood thinners such as; aspirin/ibuprofen/Motrin/Advil/Aleve for 24 hours, unless directed by your healthcare provider. You can take Tylenol.
- You can eat and drink normally and continue taking your normal medications.

Cancellations/Reschedules: If you need to cancel/reschedule your procedure, please give us 4 days' notice and call the Endoscopy department at 425-831-3537.

Snoqualmie Valley Health

UPPER ENDOSCOPY AND COLONOSCOPY PREPARATION INSTRUCTIONS

Medication Management Pre-Upper Endoscopy and Colonoscopy Procedure

Anti-hypertensives	Do not take the morning of your procedure, unless otherwise directed by your physician
Beta-blockers (Metoprolol, Propranolol, Atenolol, Carvedilol…)	Do not take the morning of your procedure, unless otherwise directed by your physician
GLP-1 (Taken Daily)	Do not take the day before or day of your procedure
GLP-1 (Taken Weekly)	Do not take for 7 days prior
General Guidelines for Diabetic Medications	
Biguanides (metformin)	• Stop taking once you start clear liquid diet • Resume after your procedure, once you have eaten
DPP-4 Inhibitors (sitagliptin (Januvia), linagliptin (Tradjenta)…)	• Do not take morning of your procedure • Resume evening of procedure
SGLT-2 Inhibitors (empagliflozin (Jardiance), dapagliflozin (Forxiga))	• Stop taking 3 days before your procedure • Resume after your procedure, once you have eaten
Sulfonylurea's (glipizide (Glucotrol), glimperide (Amarly), glyburide (DiaBeta))	• Do not take morning of your procedure • Resume after your procedure, once you have eaten
Insulins (Lantus, NovoLog, Humalog, Humilin)	• **Contact your prescribing Provider for instructions on how to take your insulin prior to your procedure**

For people with diabetes, any procedure that requires skipping a meal needs special planning to keep blood sugar at a safe level. During bowel preparation for a colonoscopy, it is important to adjust your diabetes medications and closely monitor your blood sugar levels. If you use insulin or have a history of low blood sugar, check your blood sugar every 4–6 hours the day before the procedure and on the day of the procedure. You should also check your blood sugar any time you notice symptoms of low or high blood sugar.

Contact your primary care provider as soon as possible if you have questions or need further instructions on how to manage your medications while preparing for your colonoscopy.

Herbal Supplements, Fish Oil and other Oils	Do not take for 7 days prior to your procedure
Pepto-Bismol, Iron Supplements	Do not take for 7 days prior to your procedure
Multivitamins	Take as normal

Snoqualmie Valley Health

UPPER ENDOSCOPY AND COLONOSCOPY PREPARATION INSTRUCTIONS

Low Fiber Diet Guide – Start 7 days prior to your Upper Endoscopy and Colonoscopy

	Milk & Dairy	Breads & Grains	Meat & Seafood	Legumes	Fruits
Okay to Eat:	✓ Milk ✓ Cream ✓ Hot Chocolate ✓ Buttermilk ✓ Cheese ✓ Sour Cream	✓ Breads and Grains made with white flour ✓ White Rice ✓ Plain crackers ✓ Low-fiber cereal (cream of wheat/cornflakes	✓ Chicken ✓ Turkey ✓ Lamb ✓ Lean Pork ✓ Fish and seafood, except salmon		✓ Juice without pulp ✓ Apple sauce ✓ Canned or cooked fruit without seeds or skins ✓ Melon ✓ Peeled apricots and peaches
Do Not Eat:	× Yogurt mixed with seeds, nuts, granola or fruit with skins/seeds	× Brown or wild rice × Whole-grain bread, rolls, pasta or crackers × Whole-grain or high-fiber cereal (granola, oatmeal) × Bread or cereal with nuts or seeds	× Salmon × Tough meat with gristle	× Peas × Beans × Lentils × Any other legumes	× Fruits with seeds, skins or membranes (berries, pineapple, apple, oranges) × Dried fruit × Any cooked or canned fruit with seeds or skins
	Nuts & Seeds	**Fats & Oils**	**Desserts**	**Soups**	**Vegetables**
Okay to Eat:	✓ Creamy (smooth) nut butters	✓ Butter ✓ Margarine ✓ Vegetable & other oils ✓ Mayonnaise ✓ Salad dressing without nuts or seeds	✓ Custard ✓ Plain pudding ✓ Ice cream (w/out nuts or seeds) ✓ Sorbet or Sherbet ✓ Jell-O (no red or blue) ✓ Cookies or cake made with white flour and without seeds, nuts or fruit	✓ Broth, bouillon, and strained soups ✓ Milk or cream-based soups, strained	✓ Canned or cooked vegetables without seeds or skins ✓ Potatoes without skins
Do Not Eat:	× Nuts × Chunky nut butters × Seeds	× Salad dressing with nuts or seeds	× Coconut × Anything with nuts or seeds × Anything with red or blue dye × Anything made with whole-grain flour	× Unstrained soups × Chili × Lentil soup × Pea soup × Bean soup × Corn soup	× Raw vegetables with skins, seeds or peel × Corn × Potatoes with skin × Cucumbers × Tomatoes × Cooked cabbage or brussels sprouts × Green peas × Squash × Lima beans × Onion

Please call the Endoscopy Nurse Team at 425-831-3537 with ANY questions or concerns