

## **ILEOSCOPY/POUCHOSCOPY BOWEL PREPARATION**

### **Date & Location**

You should have received the date and location of your ileoscopy or pouchoscopy from our practice by phone, through the portal, and/or email and text messaging. If you do not know your procedure date or location, please contact our practice. <u>Your procedure time will be communicated to you by the facility the day before your procedure.</u>

### **Shopping List**

Our practice can provide a kit containing all medications needed for your procedure for \$15 or you can purchase them over the counter:

- One (1) 238-gram (8.3 oz) bottle of MiraLAX (or generic named polyethylene glycol 3350)
- Two (2) 80 milligram tablets of simethicone or one (1) 250 milligram tablets of Phazyme
- Thirty-two (32) ounces of clear liquid which may include: Gatorade, Pedialyte, water, lemonade, clear fruit juices, clear (no coloring) soft drinks, seltzer water (please avoid red or purple-colored beverages)

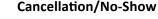
### Medications

If you take any of the following medications, please inform our scheduling staff as soon as possible so we can coordinate stopping these medications with your prescribing physician:

- Blood thinners including but not limited to Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban), Eliquis (apixaban).
- GLP1 medications such as Trulicity (dulaglutide), Ozempic (semaglutide), Victoza (liraglutide), Bydureon (exenatide) used for diabetes or weight loss.



Driving is not permitted until the day after your procedure. Arrange for a ride to and from the center from someone 18 or older who can take responsibility for your care. That person should arrive no later than 1 hour after your procedure time.



Our practice charges \$100 for an ileoscopy/pouchoscopy and \$200 for a combined ileoscopy / pouchoscopy / EGD that is cancelled within 7 business days of a procedure. For patients who have canceled in the past, a \$100 refundable deposit will be taken to secure your appointment. The deposit will be refunded after your procedure is completed if your account is in good standing.

On Page 2 is a checklist to walk you through your prep which starts 7 days before your procedure date. You can find details regarding clear liquids on our website at

https://bedfordgastroenterology.com/colonoscopy-prep-faq/\_\_\_\_

Please feel free to call us with any questions you may have about these instructions







# Calendar for Ileoscopy/Pouchoscopy Bowel Preparation

7 Days or More 1 Day	Day of Procedure
Before Procedure   Before Procedure	
<ul> <li>Make sure you've completed your shopping list.</li> <li>Contact your insurance company with benefit questions.</li> <li>If you take iron supplements, stop taking them 7 days before your procedure.</li> <li>If you take insulin, ask your prescribing physician (primary care or endocrinologist) for instructions on how much insulin to take 1 day before and on the day of the procedure.</li> <li>If your location is Bedford Ambulatory Surgery Center or Surgical Center of NH, complete your health history in One Medical Passport (sent by facility).</li> <li>To cancel without incurring a fee, you must call our office at least 7 days before the procedure.</li> <li>You may have a small low-fat biased on the day of the procedure.</li> <li>With 64 ounces of clear liquids can be website as indicated on page 1.</li> <li>Mix the entire 8.3 oz bottle of 1 with 64 ounces of clear liquid.</li> <li>Between 3:00 PM and 6:00 PM of the 64-ounce mixture slowithour by consuming 8 ounces e minutes. If you develop nausea slowly and try walking as you of the procedure.</li> <li>Between 6:00 PM and 8:00 PM in gsimethicone tablets <u>or</u> one 2: Phazyme tablet.</li> <li>You may continue to have cleamidnight.</li> </ul>	<ul> <li>drink clear</li> <li>bre solid</li> <li>a hours prior to your arrival time. Do not smoke anything the morning of your procedure.</li> <li>Please take your medications as prescribed EXCEPT for those listed below. Medicines must be taken at least 3 hours prior to your arrival time. Take insulin according to PCP or endocrinologist instructions.</li> <li>Do not take diuretics (water/fluid pills), oral diabetic medications, iron pills, vitamins, or Carafate (sucralfate). If you have questions about what to take, please call us at least 1 business day before your arrival time.</li> <li>Bring a list of your current medications to your procedure.</li> </ul>