



DAVID L. LIMAURO, MD  
MARK A. CEDAR, DO  
NICHOLAS BELLICINI, DO  
XUONG LU, MD  
JUNGMIN LEE, MD  
LISA A. OLIVA, DO  
THERESA SCHUERLE, DO  
BRIDGER CLARKE, MD

**Pittsburgh Gastroenterology Associates**  
2589 Boyce Plaza Road  
Pittsburgh, PA 15241  
PHONE: 412.232.8104  
FAX: 412.281.1898  
www.pghgastro.com

Name: \_\_\_\_\_

You are scheduled for a consultation and **COLONOSCOPY** with possible polypectomy and/or biopsy on \_\_\_\_\_ at \_\_\_\_\_. Please arrive at the hospital or surgery center no later than: \_\_\_\_\_. Your procedure is scheduled at:

\_\_\_\_\_ **South Hills Endoscopy Center.** Report to the reception desk in the main lobby in the front of the building. Parking is free.

\_\_\_\_\_ **Mercy Hospital.** Report to the Endoscopy and Special Procedures Unit located on the second floor of Mercy Tower. Reduced parking is available in the hospital lot.

\_\_\_\_\_ **St. Clair Memorial Hospital.** Report to the Dunlap Family Center located on the sixth floor. A van service is available in a limited area around the hospital. Call transportation services through the hospital operator (412-561-4900) to make arrangements.

\_\_\_\_\_ **Spartan Surgicenter.** Report to the reception desk located on the ground floor of the Spartan Surgicenter Building. Parking is free.

\_\_\_\_\_ **Penn Highlands Mon Valley.** Report to same day surgery on first floor.

\_\_\_\_\_ **Waterfront Surgery Center.** Report to the reception desk in the main lobby.

\_\_\_\_\_ **McCandless Endoscopy Center.** Report to the reception desk in the main lobby in the back of the building.

◇ Since you will be sedated for this exam, **you can not drive or operate machinery for 12-24 hours following the test. You must be accompanied by a companion and make arrangements for transportation or you *will not be given the sedation.***

**Please call 48 hours in advance**  
**if you are unable to keep your appointment**

- It is very important that you strictly follow bowel prep instruction and dietary instruction (low fiber diet, clear liquid diet). Failure to follow the instruction will result in inadequate bowel prep and lesions (polyps) can be easily missed.
  
- **As Soon As You Get This Instruction:**
  - Check your medication and make necessary adjustments if you take blood thinners or diabetic drugs (see the next page).
  - Make arrangements for transportation since you are not allowed to drive due to sedation.
  
- **7 Days Before The Procedure:**
  - Begin low fiber diet (see the next page).
  - Stop all vitamins and iron supplements.
  - If you have a history of constipation, take Miralax 8oz (1 cap) daily.
  - Pick up your bowel prep from the pharmacy.
  
- **1 Day Before The Procedure:**
  - Clear liquids only (see the next page). No solid food.
  - Follow the attached instructions for bowel prep (start bowel prep (DOSE 1) at 6 PM).
  
- **The Day Of The Procedure:**
  - Finish the prep: take the second part of prep (DOSE 2) at 7 hours before the procedure, and DOSE 2 should be finished 4 hours before the procedure.
  - Nothing to eat or drink after completing DOSE 2 except your medications for heart, blood pressure, seizure, anxiety, etc.
  - No candy, cough drops, gum, chewing tobacco or snuff.
  - Failure to comply may result in your procedure being delayed or canceled.
  - Bring your completed history form and current list of medication.

## □ Medication Concerns:

- If you take **BLOOD THINNERS** like **warfarin (Coumadin)**, apixaban (**Eliquis**), rivaroxaban (**Xarelto**), or others, you will need to contact your prescribing doctor to ask if you can hold this medication prior to your procedure. In general, Coumadin needs to be held for 5 days (need to make arrangements to have clotting tests (PT/INR) done prior to your procedure. This can be done the day before your test), Eliquis 2 days, and Xarelto 2 days. Baby aspirin does not need to be held.
- If you are diabetic and require **insulin** or **diabetic medicine**, your dose may need to be adjusted because of the dietary changes associated with this test. You will need to contact your doctor that orders your medications for directions.
- If you take certain injections for diabetes or weight loss such as semaglutide (**Ozempic, Wegovy**), tirzepatide (**Mounjaro, Zepbound**), or dulaglutide (**Trulicity**), you will need to hold dose 7 days prior to your exam (you will need to contact your prescribing doctor if you can hold it).

## □ Tips For Easier Bowel Prep

- Mix the prep ahead and have it chilled in the refrigerator before you drink. Drink or add a flavored mix (from the clear liquids) to your prep. Try drinking the solution with a straw. Stay close to the bathroom. Prepare soft toilet paper or wet wipes.

## □ If You Experience Nausea And/or Vomiting, or If You Are Unable To Tolerate The Prep:

1. Wait 30 minutes then:
  2. Try to slow down on drinking the prep to every 30 minutes. If you are better, then continue until you are finished drinking the prep.
  3. However, if you are unable to consume the entire prep: Purchase two Dulcolax tablets and two 32 oz of Gatorade and one 238 gm of Miralax.
  4. Take two Dulcolax tabs at one time and mix 1/2 of the Miralax in 32 oz of Gatorade. Mix and drink 8 oz of Gatorade Miralax mix every 15 minutes until its gone.
  5. Wait 4 hours.
  6. If stool is still not clear, mix the other 1/2 of Miralax with remaining 32 oz of Gatorade. Drink 8 oz every 15 minutes until gone.
- ◇ You should call the office at 412-232-8104 after 8 am on the morning of your test if still having solid or brown stools. If your test is scheduled before 9 am, call 412-232-8104 and ask the answering service to connect you to the office.

## Diet Instruction

### ■ Low Fiber diet - To Start 7 DAYS PRIOR TO THE TEST

Recommended Foods	Foods to Avoid
<input type="checkbox"/> Milk, buttermilk, cheese, yogurt, sour cream	<input type="checkbox"/> No yogurt mixed with: nuts, seeds, granola, fruit with skin or seeds (berries)
<input type="checkbox"/> Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta) <input type="checkbox"/> White rice <input type="checkbox"/> Plain crackers, such as saltines <input type="checkbox"/> Low- fiber cereal (puffed rice, cream of wheat, corn flakes)	<input type="checkbox"/> No whole grains or high fiber: <input type="checkbox"/> Brown or wild rice <input type="checkbox"/> Whole grain bread, rolls, crackers <input type="checkbox"/> Whole grain or high fiber cereal (granola, raisin bran, oatmeal) <input type="checkbox"/> Bread or cereal with nuts or seeds
<input type="checkbox"/> Fruit juice without pulp <input type="checkbox"/> Applesauce <input type="checkbox"/> Ripe cantaloupe or honeydew <input type="checkbox"/> Canned or cooked fruit without seeds	<input type="checkbox"/> No seeds, skin, or dried fruit: <input type="checkbox"/> Raw fruit with seeds or skin including berries, pineapple, apples, oranges, or watermelon <input type="checkbox"/> Any cooked or canned fruit with seeds <input type="checkbox"/> Raisins
<input type="checkbox"/> Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, asparagus tips) <input type="checkbox"/> Potatoes without skin <input type="checkbox"/> Cucumbers without seeds or peel	<input type="checkbox"/> No raw, skin, seeds, or peel vegetables <input type="checkbox"/> Corn, potatoes with skin, tomatoes, cooked cabbage, Brussel sprouts, green peas, lima beans, onions

### ■ Clear Liquid Diet - To Start The Day Before the Test

#### **Liquids allowed:**

Tea, black coffee, carbonated beverages, apple or white grape juice, sports drinks such as Gatorade, bone broth, popsicles, jello, or Italian ice – NO RED OR PURPLE LIQUIDS. Drinking extra clear liquids during your bowel prep is encouraged.