

## COLONOSCOPY PREP INSTRUCTIONS

Your doctor has recommended you have a colonoscopy. The most important part of this whole procedure is the bowel prep. To have a successful colonoscopy your colon must be clean. If the colon is not clean, the procedure may need to be cancelled or delayed, polyps and cancers can be missed and the overall value of the procedure is reduced.

**Please follow the instructions below carefully.**

### One week before your colonoscopy:

If you are **diabetic** you will get instructions from your primary doctor on how to adjust your medication, if needed. Contact your doctor's office for instructions.

If you are taking any **blood thinning medications** (Coumadin®, Warfarin®, Plavix®, Clopidogrel, Pradaxa®, Xarelto®, and Eliquis®) you will get instructions from your primary doctor on how to adjust your medication, if needed. Contact your doctor's office for instructions. In general, if you are taking Coumadin® or Warfarin® you usually need to stop taking your medication 4 days before your colonoscopy to reduce the risk of bleeding complications.

### Three days before your colonoscopy:

Avoid high fiber foods: fresh fruit, vegetables, nuts, seeds, corn, or popcorn.

If you make a mistake and eat some high fiber foods - no problem. Just continue with your prep.

Drink 8 glasses of water during the day to avoid dehydration in anticipation of your bowel prep.

### The day before your colonoscopy:

You may eat a low residue meal for breakfast; however, this must be followed only by clear liquids until after the colonoscopy. Completely finish your breakfast by 9 a.m.

**LOW RESIDUE BREAKFAST:** seedless bread/toast with butter, applesauce, yogurt, pulp-free juice, coffee, or tea.

**Mix in a pitcher:** (Stir until dissolved and chill with ice and/or refrigerate)

Mix MiraLAX® (polyethylene glycol) bottle with 64 ounces of Gatorade®

**OR**

Mix MiraLAX® (polyethylene glycol) bottle with 64 ounces of water and flavor with crystal light packets of your choice

**NO MORE SOLID FOOD TODAY! ONLY CLEAR LIQUIDS UNTIL AFTER YOUR COLONOSCOPY!**

Clear liquid include: water, tea, plain black coffee, pulp-free juice, Crystal Light®, Kool-aid®, Gatorade®, soda, broth soups, Jell-o®, Popsicle®, hard candy, gum

Avoid all red liquids as they can look like blood in the colon during the exam.

Drink as much water and clear liquids as you want. In fact, drinking large amounts of clear liquids will avoid dehydration and will make the laxative work better.

We will use a split dose bowel prep for a morning colonoscopy, which may be different than how you prepared for a colonoscopy in the past.

Split dose bowel preparation consists of drinking half of your colon prep the day before your colonoscopy and the other half on the morning of the procedure. Split dosing has been shown to be superior to same-day preparation in clinical studies, but most importantly it decreases the likelihood that the procedure will need to be canceled and rescheduled because of a poor cleansing. Note that this may require you to wake up early in the morning in order to complete the prep. Although inconvenient, the correct timing of drinking the prep is critical to obtaining a good colon preparation.

We will use a same-day prep for an afternoon colonoscopy, which may be different than how you prepared for a colonoscopy in the past.

Same-day bowel preparation consists of you drinking all of your prep the morning of your colonoscopy. This will give an improved bowel prep for your afternoon procedure. The closer your prep is fully completed prior to your arrival time, the cleaner your colon will be.

### **For a MORNING colonoscopy, follow the instructions below:**

**Step 1:** Between 5:00-6:00 p.m. the day prior to your colonoscopy, take 4 Dulcolax® (bisacodyl, 5mg) laxative tablets by mouth with clear liquids.

**Step 2:** Between 7:00-8:00 p.m. the day prior to your colonoscopy, begin drinking your MiraLAX® (polyethylene glycol) solution. Drink a glass full every 15-20 minutes until half of the mixture is gone (32 ounces). Drinking through a straw may help. Take breaks if you get nauseated. Sucking on hard candy between glasses may also help.

**Step 3:** Awaken the morning of your colonoscopy in time to drink the other half of your MiraLAX® (polyethylene glycol) solution (32 ounces), prior to arrival. If your procedure is very early in the morning, you may have to wake up at 4:00 a.m. to finish drinking the solution prior to your arrival time. Drink a glass full every 15-20 minutes until the mixture is gone.

A good sign that the prep has been effective is the transition to clear yellow, watery bowel movements.

When you wake up, you can continue with drinking clear liquids until you leave for the hospital. You may take your usual morning medications.

### **For an AFTERNOON colonoscopy, follow the instructions below:**

**Step 1:** At 6:00 a.m. the morning of your colonoscopy, take 4 Dulcolax® (bisacodyl, 5mg) laxative tablets by mouth with clear liquids.

**Step 2:** At 7:00 a.m. the morning of your colonoscopy, begin drinking your MiraLAX® (polyethylene glycol) solution. Drink a glass full every 15-20 minutes until the entire mixture is gone (64 ounces). Drinking through a straw may help. Take breaks if you get nauseated. Sucking on hard candy between glasses may also help.

A good sign that the prep has been effective is the transition to clear yellow, watery bowel movements.

If you have any questions or concerns on the bowel prep, call 715-284-3678.

# COLONOSCOPY

A colonoscopy is a procedure to look at the inside lining of your colon. It is used to identify small growths called polyps, cancers, inflammation, bleeding, and other concerns. During the exam the physician is able to remove these polyps to help prevent colon cancer.

**Before the Procedure** You may need to adjust your diabetic and blood thinning medications as instructed by your physician.

- You have instructions to complete the bowel prep. This requires a clear liquid diet the day prior to your exam. You will also be drinking a large amount of a laxative liquid to clean your colon out. This is necessary for the physician to identify and remove small polyps. Once the bowel prep is completed you should be passing a clear yellow liquid out your bottom.

## During the Procedure

- You will arrive at the hospital and the nursing staff will get you ready for the procedure and sedation.
- You will meet your endoscopy physician at that time to review things and answer any questions.
- You will receive sedation during the procedure to keep you comfortable and relaxed.
- During the exam a thin flexible tube with a camera will be used to inspect, remove polyps, or take samples of your colon lining.
- During the exam you may experience temporary gas pains and cramping at times; this is normal.

## Lower endoscopy



## After the Procedure

- You will need a driver to take you home after the procedure due to the sedation.
- You will recover from the sedation and the physician will review the results of the procedure with you.
- You may experience some mild bloating and gas pains from the air that is left in the colon. This is temporary and normally resolves quickly. Just pass the gas.
- Do not drive for 24 hours after the procedure due to the sedation medications.
- If you had polyps removed during the exam, you may have a small amount of blood in the first few poops after the exam. This is normal. Contact the physician if the bleeding persists into the next day or you are passing a large amount of blood.
- You may resume a normal diet. Start with small amounts of soft foods.
- If you had polyps removed, the physician will typically send you a letter with the results in 1-2 weeks.

