

Colonoscopy Procedure

INFORMATION FOR PATIENTS



How to Prepare for your Colonoscopy using

Miralax Bowel Prep

If you have any questions, please call 802-447-5551, Mon.–Fri., 8 a.m.–4 p.m. If it is after hours, please call the office of the physician with whom you are scheduled:

Drs. Maranino, Mensh, or Shustina: 802-447-1536

Drs. Cope, Drew, Fisk or Moore: 802-447-5060

Patient name: _____

Colonoscopy scheduled with Dr: _____

Date of procedure: _____ Arrival time: _____

IMPORTANT: Please read these instructions (see below and following pages for all instructions) at least 2 weeks before your colonoscopy.

- Your bowel must be empty so that your doctor can clearly view your colon.
- Follow all of the instructions in this handout exactly as they are written. If you do not follow the directions for when to start drinking the bowel preparation, your colonoscopy may be canceled.
- Do not eat any solid food the entire day before your colonoscopy.
- Buy your bowel preparation at least 3 days before.
- Ideally you should have a responsible family member or friend accompany you to your colonoscopy and remain in the endoscopy area until you are discharged. Green Mountain Express Bus or a taxi that will walk you to your door are permissible. You are not allowed to drive or leave the Endoscopy Center alone.
- If your procedure is being done under monitored anesthesia care (heavy sedation), you will receive a pre-anesthesia interview phone call — **Date:** _____ .
(If your procedure is being done under lighter (or conscious) sedation, you will receive a call to pre-register three days before your scheduled procedure. Arrival times are subject to change.)

INSTRUCTIONS

7 DAYS PRIOR TO PROCEDURE

CHECK MEDICATIONS (Note: It is not necessary to stop all of your usual medications.)

If you take any blood thinning medications, as listed below, please call your prescribing physician and ask if it is safe to stop them prior to your procedure. • Aggrenox • Effient • Plavix • Ticlid

You cannot have the procedure done if you did not get special instructions from your PCP or prescribing physician if you take: • Coumadin • Eliquis • Pradaxa • Xarelto

If you have accidentally taken any of the above medications, your procedure may not be canceled, but there may be a slight increase in the risk of bleeding. Please contact us and ask whether or not you should cancel.

Aspirin, Advil, Aleve, Acetaminophen or Tylenol are acceptable.

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You may have been asked to stop your aspirin in the past, but you **should** continue to take it.

* If you are a diabetic, you will receive specific instructions about your diabetes medicines from the GI Nurse Navigator.

* If you use an inhaler, please bring it with you to the procedure.

PURCHASE:

- 1 bottle of Miralax (238 grams)
 - 1 box of Dulcolax laxative TABLETS – 5 mg each
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DAY BEFORE PROCEDURE

BEGIN BOWEL PREP:

CLEAR LIQUIDS ONLY. Do NOT eat any solid foods. Drink at least 8 ounces of clear liquids every hour after waking up. The clear liquids you can drink include: water, apple or white grape juice; broth; coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade® or other sports drinks (not red); Kool-Aid® or other flavored drinks (not red). You may eat plain jello or other gelatins (not red) or popsicles (not red). Do NOT drink alcohol on the day before or the day of the procedure.

- Drink 2 quarts of clear liquids throughout the day.
- At 3 p.m. or sooner, take 2 Dulcolax tablets.
- At 5 p.m., or sooner, mix entire 238-gram bottle of Miralax prep into one 64-ounce container or two 32-ounce containers of clear liquid (such as Crystal Light or Gatorade, *not just water*).
- **Drink this over a 3-hour period.** (8 oz. every 15 minutes works well.)
- Continue to drink ALL of the preparation, even if you are passing clear liquids.
- Continue to drink as much clear liquid as possible until bedtime.

If nausea or vomiting develops, stop drinking and wait 30 minutes before restarting.

Unless otherwise instructed, please take your regular evening medications after you complete your prep. After finishing your prep, you may continue to have clear liquids up until four hours prior to your test time.

DAY OF PROCEDURE

FINAL PREPARATION:

* * **NO SOLID FOOD. CLEAR LIQUIDS ONLY.** (See instructions above for clear liquid diet.) * *

- After completing your prep, take your normal morning meds with a sip of water, except if you are on a diuretic (water pill). Please hold your diuretic this morning.
- Take inhalers as prescribed and bring them with you to your appointment.

Please do not wear perfume or cologne on the day of your exam.
