

## COLONOSCOPY PREP INSTRUCTIONS

Your colonoscopy has been scheduled on: \_\_\_\_\_

Time to arrive at the HOSPITAL front desk: \_\_\_\_\_

*Time of arrival before procedure allows for paperwork & preparation.*

**\*\* Please bring your insurance cards and a photo I.D. If you have any insurance changes, please let us know ASAP BEFORE the day of surgery.**

### What is a colonoscopy?

A colonoscopy is a procedure that allows the doctor to examine visually the large bowel. A thorough examination of the cecum, transverse, ascending, and sigmoid colon. During the procedure, a lighted fiber-optic tube is passed through the rectum and up through the large bowel to the cecum. Small polyps, biopsies, and photographs may be taken for diagnostic purposes. An IV will be started and you will receive medication that will make you drowsy and will allow you to tolerate the procedure. Frequently, patients will not even remember the colonoscopy at all. After the procedure, you will be monitored and allowed to go home with a driver. Biopsy reports will take several days, and you will be given a follow up appointment for these results.

**The day before** your procedure \_\_\_\_\_ Only clear liquids which should be started as soon as you wake up in the a.m. NO solid foods. Drinking a large amount of water helps with cleansing. Remember, **only clear liquids today!** (See below for examples of clear liquids).

3:00 p.m. – Take 4 Dulcolax tablets

4:00 p.m. – Start drinking Miralax/Gatorade prep. You may mix this in the morning and refrigerate. Mix all Miralax (14 Capfuls) with the 64 oz. of Gatorade. Drink 8 oz. every 15-20 minutes until gone.

❖ If you are going to be home on your prep day, you may start this at 1:00 p.m.

You may drink as much clear liquid as you want after the drinking prep, until midnight.

**The day of your procedure** do not eat or drink anything. Take only the medications you were instructed to take the morning of your procedure. Take with a few sips of water. Please bring a list of your current medications, and dosages to the hospital with you. Remove any jewelry, including body piercings. Leave all valuables such as credit cards, and jewelry at home. **You will NOT be able to drive yourself home.** The medication we give you will make you drowsy, making it unable for you to drive home. Your driver may wait in our waiting room, or return to pick you up. You will be here approximately 2-3 hours, but at times our schedule does run later due to unforeseen complications. It could be a longer wait.

## COLONOSCOPY PREP INSTRUCTIONS

### Clear Liquids (Anything you can see through)

Water

Tea or coffee without milk or creamer

Clear broth or bouillon

Strained fruit juices (no pulp) apple juice, white grape juice

Popsicles

Soft drinks (7-UP, Sprite, Pepsi, Coke, Root Beer)

Gatorade

Crystal Light

Jello plain (\*not red or purple), without added fruit or toppings

Kool-Aid

Gum/hard candy

Not Allowed: Orange juice, fruit nectars, liquids you cannot see through, milk or cream.

### What to expect after your colonoscopy

1. Generally you will be able to leave with your driver. Have a responsible person stay with you or be readily available for the next 24 hours.
2. Avoid drinking alcohol or taking sleeping pills for the next 24 hours.
3. Avoid operating machinery the day of your procedure.
4. Do not make any important or legal decisions for the next 24 hours.
5. Do not return to work for 24 hours.
6. You may experience systems such as: gas, slight bloating, drowsiness, and mild abdominal discomfort.

The surgery staff at Kossuth Regional Health Center wishes to thank you for the opportunity to serve you. Please call if you have any questions. Our clinic number is 515-295-4534 for Ashley or Diane G., R.N. at 515-295-4541. The hospital number is 515-295-2451, and ask for surgery. Use this number after clinic hours and speak to the ER nurse if you have concerns. **If you need to change or reschedule your surgery date, please call and let us know ASAP.**

## COLONOSCOPY PREP INSTRUCTIONS

### Medications that you may need to stop prior to your procedure

Please notify us if you are currently taking the following medications, and inform us as to why you were prescribed these medicines. We will advise you to discontinue or make adjustments to these medications or ask you to consult with your primary care physician or cardiologist prior to your procedure.

Coumadin (Warfarin)	Aspirin	Gingko
Plavix (Clopidogrel)	Advil	Ginseng
Pradaxa (Dabigatran)	Ibuprofen	
Effient (Ticagrelor)	Excedrin	
Eliquis (Apixiban)	Motrin	
Aggrenox (Asprin/Dipyridamole)	Bufferin	
Persantine (Dipyridamole)	Aleve	
Xarelto (RivaroXiban)	Naproxen	
Cough & Cold Products	Ephedra	
Arthritis medications prescription or over the counter		

Please stop these medications on \_\_\_\_\_.

**Tylenol and Tylenol Arthritis products are okay to use.**

### Diabetic Patients

Patients who are on insulin should follow these guidelines. You should check your blood sugar 4-5 times the day of your prep. Take your regular morning dose of insulin. You need to check your blood sugar prior to your evening dose of insulin. If your blood sugar reads less than 150, do not take the evening dose. If your blood sugar reads 150-200 take ½ dose of insulin. If your blood sugar reads over 200 take your full dose of insulin. **Do not take insulin on the day of your procedure until after your procedure has been performed. Please bring your morning dose of insulin with you.**

If you are on Metformin or other oral diabetic medications, you will hold your evening dose the night before your procedure and bring your morning dose with you.

### What you will need to buy:

4 Dulcolax laxative tablets not stool softeners

8.3 ounces or 238 grams of Miralax

64 ounces of Gatorade or clear liquid of your choice (non-red, non-carbonated)

You may want to purchase Tucks pads or Desitin Cream to help reduce anal soreness during your bowel prep