

## Colonoscopy 2 Day Prep Instructions

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Dear \_\_\_\_\_ DOB: \_\_\_\_\_

Your doctor has scheduled you for a colonoscopy at St. Alphonsus (**4300 E. Flamingo Ave., Nampa, ID 83687**) on \_\_\_\_\_ at \_\_\_\_\_. You should arrive at the hospital 1 hour before the procedure.

PLEASE CALL 463-5025 (Pre-registration) 1-2 weeks prior to the procedure pre-register and to discuss financial considerations. **Please note that some patients will be required to bring a down payment of up to \$200 to their procedure.**

In order to prepare for the test, it is necessary for you to do all of the following:

1. STOP taking aspirin, anti-inflammatories (such as ibuprofen, Motrin, Alleve, Naprosyn), and iron tablets 5 days before the test.
2. If you take other blood thinners such as Plavix (clopidogrel) or Coumadin (warfarin), call our office at 466-7869 to discuss how and when to stop those medicines prior to the procedure.
3. Purchase the following:
  - a. Dulcolax (bisacodyl) tablets (non prescription)
  - b. 238 gram bottle of Miralax (or the generic equivalent – non prescription)
  - c. 64 ounces of Gatorade (or equivalent) any flavor except red
  - d. Three 10 oz. bottles of Magnesium Citrate
4. Schedule for the 2 days before the test
  - a. Do not eat any solid food for 2 days before the test. Drink only clear liquids (nothing that is RED). You may have plain jello, strained fruit juices, soft drinks (like Sprite), popsicles, sports drinks (like Gatorade), water, clear broth, coffee or tea (no milk or cream added).
  - b. Consume large amounts of fluids to avoid hunger and dehydration
  - c. **2 days before the test:**  
At 10 AM, drink one bottle of Magnesium citrate  
At 2 PM, drink the second bottle of Magnesium citrate  
At 4 PM, drink the third bottle of Magnesium citrate
  - d. **On the day before the test:**  
At 10:00 am take two (2) Dulcolax tablets – you may experience cramps and stools At 3:00 pm take another two (2) Dulcolax tablets – you may experience cramps and At 5:00 pm mix the full bottle of Miralax into 64 ounces of Gatorade. Shake until completely dissolved. Drink an 8-10 ounce glass of mixture every 10-15 minutes until **half (1/2)** the entire solution is gone. This will induce stools.
  - e. **On the day of the test:**  
Beginning 4 hours before your test, drink the second half of the Miralax preparation (If your procedure is at 8 AM, you should start at 4 AM. If your procedure is at 10 AM, you should start at 6 AM). You must finish the second half of the solution at least 2 hours before your procedure.  
You should not take anything by mouth (not even liquid) for at least 2 hours before your exam.
  - f. Take regular morning medicines with a small sip of water on the day of the procedure
5. If are a diabetic on insulin or medications, please contact your physician to discuss medication adjustments for the day before and the day of the test.

6. Do not eat corn or beans for the 3 days prior to the test.
  7. Bring someone with you to the hospital to hold your valuables, and to drive you home.
- If you have any questions about the instructions, or if you need to cancel/reschedule your procedure, please call 466-7869 and ask to speak with a nurse.

## **Colonoscopy**

A colonoscope is a long flexible tube that is about the thickness of a finger. It is inserted through the rectum into the large intestine (colon) and allows the physician to carefully examine the lining of the colon. If the doctor sees a suspicious area or needs to evaluate an area of inflammation in greater detail, he will take a small piece of tissue (a biopsy) for examination in the laboratory.

**The Procedure** – You will be given medication through an IV to make you relaxed and sleepy. While you are lying in a comfortable position, the colonoscope is inserted into the rectum and gradually advanced through the colon while the lining is examined thoroughly. The colonoscope is then slowly withdrawn while the intestine is again carefully examined. The procedure is usually well tolerated with minimal discomfort, rarely causing significant pain.

**The Preparation** – For the best possible examination, the colon must be completely empty of waste material. Please follow the instructions for bowel cleansing carefully, as a poor bowel preparation will lead to an incomplete colonoscopy, and the procedure might need to be terminated prematurely.

**Polypectomy** – During the course of the examination, a polyp may be found. Polyps are abnormal growths of tissue which vary in size from a tiny dot to several inches. If the doctor feels that removal of the polyp is indicated, he will pass a wire loop or snare through the colonoscope and cut the polyp from the intestinal wall by means of an electrical current. You should feel no pain during the removal of a polyp. Polyps are removed because they can cause rectal bleeding or may develop into cancer, although the majority of polyps are benign (non-cancerous). Removal of polyps is an important means of prevention and cure of colon cancer.

**Complications** – Colonoscopy and polypectomy are safe and are associated with very low risk. Included in those possible complications are:

- 1) Bleeding – usually from the site of a biopsy or polyp removal. It is usually minor and stops on its own. Rarely, transfusions or surgery may be required.
- 2) Infection – On occasion, patients can develop diverticulitis, an infection within the colon that presents with abdominal pain, fever and diarrhea. It is usually treated with antibiotics and intravenous fluids.
- 3) Perforation – Rarely, the colon wall develops a small tear that then allows intestinal fluid to leak out. This complication usually requires surgery, but may be managed with antibiotics and intravenous fluids.
- 4) Pain/discomfort – Some people experience gas pains from the colon being stretched during the procedure. Most tolerate it well, and most pains improve as your body naturally expels any excess gas from the procedure.

**After the Colonoscopy** – A companion must accompany you to the colonoscopy because you will be given medication to help you relax. It will make you drowsy, so you will need someone to take you home. You should not drive, operate machinery or make any important decisions on the day of your procedure, as the medicine will affect your judgment and reflexes. You may feel somewhat bloated after the procedure, but that should pass with time. You will be able to resume your normal diet after the colonoscopy unless you are instructed otherwise. revision 5/7/2015