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COLONOSCOPY PREP INSTRUCTIONS

*****PLEASE READ THIS (4 PAGES!) AT LEAST ONE WEEK PRIOR TO YOUR PROCEDURE*****

Call our office at 781-279-1123 if you have any questions.

PROCEDURE

You are to have an examination of your lower gastrointestinal tract (colon). After intravenous sedation to make the examination more comfortable, a flexible tube (colonoscope) will be inserted into your rectum and passed through your colon. Your colon will be examined in detail. Additional procedures may be performed, including taking samples of tissue (biopsies), removing polyps, and injecting or cauterizing bleeding sites. The procedure takes about 30 minutes and is seldom remembered by the sedated patient. After the exam it is normal to experience temporary abdominal bloating which usually subsides in about an hour. After the procedure outpatients will be kept for observation until fully awake. Patients **must** be accompanied home by a responsible adult. A taxi is **not** sufficient.

RISKS

Colonoscopy is a very safe procedure when done by a specially-trained physician. However, there are some risks associated with the procedure and with the sedation used. The risks associated with the procedure range from minor problems to significant medical problems. Minor problems may include bloating, abdominal cramps, or reaction to the medications used for sedation, such as inflammation of the vein at the IV site, temporary slowing of the heart rate or breathing, or a fall in blood pressure. Occasionally, pain relief is incomplete, or patients remember the procedure.

Significant complications rarely occur. Perforation, which occurs less than 1 per 1000 procedures, is a potentially serious problem resulting from a tear in the wall of the colon. If this occurs, it is generally treated with hospitalization, antibiotics, or surgery. Rarely a colostomy may be necessary. If a polyp is removed, the risk of perforation increases, and bleeding may also occur. With bleeding, blood transfusions as well as other treatments may be needed to stop the bleeding. It is recommended that patients stay close to available medical services during the two weeks after the procedure.

The colonoscope will usually be passed through the entire colon to the point where it meets the small intestine. However, at times, only a more limited examination will be done depending on clinical circumstances. In the case of an incomplete exam, we may need to do further testing to complete the exam. Although colonoscopy is a very sensitive and accurate examination, it is possible that an abnormality that is present will not be detected.

Pre-Procedure Instruction for Colonoscopy

MIRALAX PREP

The preparation for your colonoscopy is among the most critical and challenging parts of your colonoscopy. The bowel MUST be adequately cleansed for proper visualization. Please follow the instructions closely.

Seven (7) days before your procedure:

1. Stop aspirin and arthritis medications such as Motrin, Ibuprofen, Advil, Naprosyn and Aleve for seven days before the procedure. These medications may increase your risk of bleeding after polyp removal. Tylenol is okay to take.
2. Purchase an 8.3-ounce (238 grams) bottle of Miralax (it should cost around \$10-\$15). Also purchase Dulcolax (Bisacodyl) tablets (you will only need four of these and they come in a package of 10, for about five dollars). Make sure you buy the tablets and not the suppositories.

Both the Miralax and Dulcolax are available as generics, which are less expensive and will work just as well as the brand name product.
3. Purchase 64-ounces of a clear liquid type drink to mix the Miralax in. You may use water for this as well, but some people prefer Gatorade, Powerade, Vitamin Water or Life Water, and these are fine to use as long as they are not the red flavor, and as long as they contain no pulp. You can also use a powder drink mix such as Crystal Lite.

Five (5) days before your procedure:

1. If you take COUMADIN or PLAVIX, we recommend that you stop these medications. You must contact your primary care physician or cardiologist for specific instructions. You may restart these medications again after the procedure.

If you have diabetes and take medication to control your blood sugar, contact your primary care physician or diabetes specialist for instructions about how to take your diabetic medication while preparing for this procedure.
2. Stop taking iron or multivitamins if they contain iron.
3. Start a low roughage diet and do not eat corn, peas, snow peas or any raw vegetables, nuts, popcorn, seeds, fresh fruit, salad or fiber supplements (Metamucil). You may restart your regular diet again after the procedure.

Two (2) days before the procedure:

1. If you are usually constipated or sometimes use a laxative, take two tablespoons of Milk of Magnesia at 8:00 p.m.

Pre-Procedure Instruction for Colonoscopy

MIRALAX PREP

The Day before the Procedure:

1. Mix the entire 8.3-ounce (238 gram) bottle of Miralax with 2 quarts (64-ounces) of water or your juice drink of choice and refrigerate it.
2. Begin a CLEAR LIQUID diet at lunch and continue this diet until three hours before your procedure. A clear liquid diet includes water, tea, black coffee, clear broth, apple juice, white grape juice, Gatorade, soda and Jell-O (not red). No dairy, orange juice or anything red in color. Avoid sugar free drinks. All patients, including those with diabetes, should be sure to get enough sugar during this time.
3. Sometime in the early afternoon take two of the Dulcolax tablets by mouth with a glass of water. If you tend to be constipated or take laxatives on a regular basis, or if you do not have a bowel movement within two hours of taking the Dulcolax, take another two tablets of Dulcolax two hours after the first dose. Approximately 2 to 3 hours after taking the first dose of Dulcolax, begin taking the Miralax drink. Try to drink an 8-ounce glass every 15 to 30 minutes until the entire 64-ounces if finished
4. If your procedure is being done later in the morning, you may split the prep and take 32-ounces the evening before and the other 32-ounces the morning of the procedure. If you choose to do this you must completely finish the liquid three hours before the scheduled start of your procedure. This often results in a better prep.

Hints:

- **Most patients find the solution easier to drink when chilled.**
- **Drink through a straw; rinse mouth with clear liquid between glasses, use sugar-free candy or ice pops (not red) between glasses.**
- **If you have severe discomfort or distention (bloating), stop drinking the solution for a while or wait longer between each glass until the discomfort goes away.**
- **If you feel nauseous, a glass of water or ginger ale may help settle your stomach. Wait a while and continue with the prep.**
- **Use moist baby wipes instead of toilet paper.**

Pre-Procedure Instruction for Colonoscopy

MIRALAX PREP

On the day of the Procedure:

1. You should take your usual medications (except diabetic medicine, aspirin, or blood thinners) with a few sips of water. Stop all liquids three hours before your procedure. Do not eat or drink anything until after your procedure.
2. Please bring with you a written list of all your current medications with the dosages, this includes prescriptions, herbal remedies, and over the counter drugs.

Also, please list any allergies you may have to specific medicines.

3. If you have diabetes and routinely do a fingerstick, do so prior to admission.
4. Wear loose-fitting comfortable clothes; leave all jewelry at home.

After the Procedure:

1. You will be monitored in the Endoscopy recovery area for approximately one hour.
2. Please carefully review your discharge paperwork for follow up instructions.
3. You may have some abdominal bloating and gas after the procedure. It should resolve within a few hours.
4. You may eat your usual diet after the procedure, unless advised otherwise.
5. If you have a large amount of rectal bleeding or severe abdominal pain following the procedure, contact us immediately.
6. **You must have a responsible adult accompany you home.**