Preparation Instructions Prior to Colonoscopy

Please report to: _________________________ on ____________________
Arrival time: __________ AM / PM Procedure time: __________ AM / PM

- No driving for 24 hours after your procedure. You must have a ride home. If you have to take a taxi, you must have someone responsible to accompany you.

- It is recommended you do not return to work, do any strenuous activities, drive or sign any legal documents until the day following your procedure. If possible, you should reschedule your appointment if you are planning a long trip within two weeks after your colonoscopy. This is because if you have a polyp removed during the colonoscopy, there are rare cases of hemorrhage occurring during the next two weeks.

- If you have any concerns regarding these instructions, please call our office day or night at 503.281.0561.

- The MiraLax Preparation requires a total of 3 different laxatives:
  - 1 – 238 gram bottle of Miralax, to be purchased at your pharmacy. A prescription is not required.
  - 1 – 10 oz bottle of Magnesium Citrate (Green or Clear Only), to be purchased at your pharmacy. A prescription is not required.
  - 4 – Dulcolax tablets, which we will provide to you.
  - 1 – 32 oz bottle of Gatorade, Propel, Crystal Light or any other non-carbonated clear liquid. The Gatorade can be green, yellow or clear. Please do not use red, orange, or purple liquids.

- Take all regularly scheduled medications unless otherwise specified by your physician.

7 DAYS prior to your procedure: _____________
- Stop taking all iron and vitamin E supplements. It is okay to take your other vitamins.
- Stop taking all herbal medicine therapy including ginger, garlic, valerian root and fish oil.
- Stop taking Aspirin and Plavix
- If you have questions, please ask one of our physicians.

5 DAYS prior to your procedure: _____________
- Stop taking Coumadin and other blood thinners. Please contact the prescribing physician and they will talk with you and give you specific instructions.
3 DAYS prior to your procedure: _____________
- Eliminate eating all seeds. For examples – multi-grain breads and cereals, poppy seeds, sesame seeds, all fruits with seeds, jams, tomatoes, cucumbers, popcorn, nuts, etc.

2 DAYS prior to your procedure: _____________
- Put the Magnesium Citrate in the refrigerator.
- Mix the entire 238g bottle of Miralax with the 32 oz bottle of Gatorade or clear non-carbonated liquid at room temperature, then refrigerate. You may choose to mix it in a separate container or will need to pour out a small amount of the Gatorade (or other liquid) to allow the 238g of Miralax to fit in the bottle. Please add the Miralax slowly to the liquid as you stir it, this will allow the Miralax to mix better.
- If you tend to be constipated, please eat a soft diet such as milkshakes, ice cream, pudding, custard, Ensure. etc.

DAY BEFORE YOUR PROCEDURE: _____________
- You must adhere to a clear liquid diet only all day. No solid foods of any kind. Examples of clear liquids: water, black coffee, tea, broth, plain jell-o, popsicles, Crystal Light, Gatorade, Propel, soda pop, clear juices, strained lemonade or strained orange juice. **No red, orange, or purple** jell-o, soda pop, popsicles, Crystal Light, Propel or Gatorade is to be used.
- We encourage you to drink plenty of clear liquids the day before the exam to prevent dehydration and for optimal preparation. *If you take a diuretic or water pill you can skip taking it the day before the colonoscopy because the prep tends to make you dehydrated.*
- You may drink **Boost** or **Ensure (without FIBER)** for extra protein but only up until you start drinking the laxatives. Then you may have only clear liquids.
- At 10:00 am: Drink the 10 oz bottle of Magnesium Citrate – it is OK if this is red. It tastes better if refrigerated ahead of time. Drink 8 oz of clear liquid with this.
- At 1:00 pm: Take 4 Dulcolax tablets.
- At 4:00 pm: Drink 8 oz of the Miralax solution every 20 minutes. If you begin to feel significantly nauseous, then stop for awhile and then continue. If possible, drink an additional 32 oz of clear liquids after the solution is entirely consumed.
- You can expect to have multiple bowel movements soon after. *If you need to work the day before the colonoscopy, you can change the time to perform bowel cleansing. You can also do the above 3 steps closer together, for example 5 pm, 7 pm and 9 pm. Be aware that you may be up all night going to the bathroom.*
- Nothing to eat or drink after midnight. However, if your colonoscopy is scheduled for the following afternoon, you may have clear liquids up to 6 hours prior to your procedure.
DAY OF YOUR PROCEDURE: ____________

- You may take your usual medications the morning of your colonoscopy with a sip of water unless otherwise directed by your doctor.

ADDITIONAL INSTRUCTIONS / INFORMATION:

- **DIABETICS**: Ask your physician about how to take your diabetic medication. In general, on the morning of your procedure you should take ½ of your insulin dose or take none of your oral medications.
- Do not bring valuables to your procedure.
- Friends and family may not watch your procedure.
Hospital Policy: Friends and/or family members are not allowed to watch your procedure.

If any thing changes in your medical condition or your medications, please let your physician know before you come in for your procedure.

- **How long is this procedure going to take?**
  - 2 ½ to 3 hours.

- **Can I drive myself home? How about taking a taxi or a bus home? Can I walk home - I only live a few blocks away?**
  - NO!! You will be sedated (made sleepy) for the test and, therefore, SOMEONE MUST DRIVE YOU HOME. You will not be allowed to take a taxi or bus BY YOURSELF UNLESS ACCOMPANIED BY SOMEONE. NO, you cannot walk home after the procedure. You will be rescheduled if you have no ride or don’t have someone to accompany you home.

- **Will all of the MiraLax (Glycolax) fit into the 32 oz Gatorade bottle?**
  - No. You will have to pour out a small amount of the Gatorade to allow for the 238 grams of MiraLax to fit into the Gatorade bottle. Make sure the MiraLax is completely dissolved in the Gatorade. You must drink the entire bottle of the MiraLax mixture to have an adequate prep.

- **For the GoLytely/NuLytely preparation, do I have to drink the whole thing?**
  - YES. Despite what your pharmacist tells you and even if your stool looks free of particulate matter, you must drink the entire jug of preparation.

- **The GoLytely/NuLytely tastes awful. Is there anything I can take to make it taste better?**
  - Yes. You can add the flavor packets given to you by the pharmacy if it came with your original prescription. Otherwise, you can add a powdered flavoring like Crystal Light to the jug of laxative. Finally, if you suck on something sour, such as lemon or lime wedges or sour candies, this will take the salty flavor of the preparation away even more effectively.

- **When will I begin having bowel movements and what should I do if I don’t have a bowel movement?**
  - You should have results (start having bowel movements) after you have completed the entire prep. You may, however, start having bowel movements before finishing the entire prep and that is fine. YOU MUST FINISH THE ENTIRE PREP even if you are having bowel movements.

- **I threw up my colon preparation - what should I do?**
  - Please call the office if before 5:00 PM or the on-call physician if after 5:00 PM to receive further instructions. The physician may call in an anti-nausea medication or give you different instructions regarding the preparation. YOU MUST DRINK THE PREPARATION in order to be cleaned out for the procedure. Therefore, if you throw it up, your preparation is ineffective for the procedure.
• **What is a clear liquid?**
  - A clear liquid is a liquid that, if you hold the glass up to a newspaper, you can read the print THROUGH the glass. Therefore, a clear liquid is NOT milk, or any juice that has particulate matter e.g. orange juice. Coffee is okay BUT NO CREAM.

• **Can I take my medications while I am doing my colon preparation?**
  - YES. You can take your usual medications except as specified by your doctor (for example, aspirin products or blood thinners, which needs to be discontinued per instructions on your sheet). Also, diabetic patients need to follow specific instructions given to them at the time of their office visit.

• **I am getting hypoglycemic? What should I do?**
  - You can take sugared products, even if you are diabetic. This includes Popsicles, Jell-O, sugared juices (e.g. apple, white grape, 7-UP), and sugared sodas. These are all fine to drink and are considered CLEAR LIQUIDS.

• **I have a cold. Can I come in for my colonoscopy?**
  - Yes. If your breathing is fine and you still feel well, you can come in for your procedure. Please reschedule if you feel very ill or if your breathing is compromised.

• **Should I drink fluids with my preparation?**
  - YES. You must drink plenty of fluids WITH your preparation. The laxatives can dehydrate you. Please drink fluids up until two hours before the procedure in order to avoid becoming dehydrated.

• **I take Xanax/Valium/Ativan for anxiety. Can I take it before I come in for my procedure?**
  - YES. Take your usual dose of the prescribed medication. However, be aware that you will be receiving additional sedation and you need to make sure your physician and the nurse are aware you took the medication.

• **I take antibiotics before my dental procedures because of a heart murmur. Will I need them before the upper endoscopy/colonoscopy?**
  - It depends on the exact heart problem for which you get antibiotics. For some procedures, particularly a colonoscopy, antibiotics are rarely required. Please make sure you mention this to your physician at the time of the office visit.

• **Accidentally, I forgot I wasn’t supposed to eat seeds or I ate one of the things on the list that I wasn’t supposed to. Can I still do my colonoscopy the next day?**
  - YES. Usually one or two dietary indiscretions will not ruin the preparation or the ability of your physician to see what needs to be seen at the time of colonoscopy.

• **Accidentally, I took some aspirin/Motrin/Aleve the day before the procedure. Can I still have my colonoscopy the next day?**
  - Yes, usually. However, you should contact our office to make sure that it would still be okay to have your procedure. It may be up to the discretion of your physician.

• **I take a lot of herbal supplements. Can I continue to use those before my procedure?**
  - No, please discontinue any herbal or dietary supplements or medications that you may purchase at the store or receive from an alternative medical provider. They should be stopped one week before your procedure. Valerian root, garlic, and ginger are definite no-no supplements. These may affect blood clotting.
• My hemorrhoids are flaring because of the frequent diarrhea from the laxative preparation. Also, my perianal area is quite raw and chafed. May I use something for this?
  o Yes, you may use any traditional over-the-counter hemorrhoidal remedy such as Preparation H, Anusol HC cream/ointment, or Tucks medicated pads. Also, plain Vaseline, Desitin, or generic zinc oxide-containing cream (usually diaper rash creams) can be applied to the perianal skin prior to the start of your frequent bowel movements. This may help prevent the chafing and tender skin that will come from the diarrhea and frequent wiping. You may reapply as you need.
RISKS AND LIMITATIONS OF COLONOSCOPY

While colonoscopy is the best way we have to examine the inside of the colon, there are risks and limitations of the procedure that are important to understand. These include:

1. **Bleeding.** This may occur at the time of colonoscopy or days later if cautery was used (e.g. to remove a polyp). This happens in fewer than 1% of cases. If you are on any blood thinners, aspirin, or aspirin-like drugs, you should ask your physician when to stop these prior to the procedure and when to restart them after the procedure.

2. **Perforation** (causing a tear or hole in the bowel wall). This occurs in fewer than 1 in a 1000 cases and is usually apparent before you are sent home. Surgery may be required to repair the injury.

3. **Reaction to the sedation or possible aspiration.** In rare instances, people may have allergic or adverse reactions to the medications given. In addition, there is a small chance that fluid from your mouth or stomach could enter your windpipe and cause pneumonia. This is very uncommon, and you are monitored closely during the procedure. Please inform your doctor if you have had any prior trouble with sedation or anesthesia.

4. **Missed polyps or cancers.** Unfortunately, colonoscopy is not perfect at looking at the entire colon, and areas behind folds and around corners may be difficult to see. We are also sometimes limited by the quality of the preparation, which may make it difficult to see polyps or, rarely, cancers. It is important to follow the preparation instructions closely for this reason. Thus, while a normal colonoscopy makes it unlikely that you have or will develop a colon cancer, it is not a guarantee.

5. **Infection.** The risk of developing an infection from a contaminated colonoscope is estimated to be 1 in 1.7 million.

Despite these risks and limitations, colonoscopy is the most complete way to evaluate the colon for polyps and cancers and has been shown to significantly decrease the risk of developing colon cancer.
DIRECTIONS TO YOUR PROCEDURE

Providence Medical Center:
NE 49th & Glisan Street, Portland, OR.
Enter through the main doors of the hospital and check in at the main admitting desk in the lobby.
You may park in the parking lot or the parking structure.

Good Samaritan Medical Center:
1015 NW 22nd Ave., Portland, OR.
Enter through the main doors and check in at main admitting.
Park in the parking structure in front of the hospital.