

Colonoscopy Preparation Instructions

PROCEDURE LOCATION

Report to the Ambulatory Procedures Center in the Constellation Center at the back of F.F. Thompson Hospital. Check in at station #1.

Preparing For Your Colonoscopy

Please read the following instructions carefully.

You will be receiving IV sedation. You **MUST** have an adult companion (family member or friend) to take you home. You may **NOT** drive or leave the hospital alone or in a taxi.

The actual procedure lasts approximately 40 minutes. You will remain in the unit until you recover from sedation, an estimated additional 30 minutes. Your procedure will be canceled if your ride cannot be confirmed.

PLEASE NOTE: It is extremely important to follow the prep instructions listed in this brochure so the doctor will be able to view your colon clearly. Your colon must be clean of any stool. Poor preparation limits the value of this procedure, and could necessitate rescheduling the examination. **DO NOT** exceed the recommended dosage for colon preparation as serious side effects may occur.

Irritable bowel syndrome (IBS) is a common disorder that affects the colon when there are too many unwanted bacteria present and the colon wall itself is mildly inflamed. It often causes cramping, abdominal pain, bloating, gas, diarrhea and constipation. IBS can be triggered by stress and anxiety, poor eating habits and certain medications. It is a chronic condition requiring long-term management.

Fiber can be a mixed blessing for those suffering from IBS. Although it helps reduce constipation, it can also make gas and cramping worse. The best approach is to slowly increase the amount of fiber in your diet over a period of weeks.

One Week (7 Days) Prior to Your Colonoscopy

1. Discontinue all aspirin or aspirin products (such as Alka-Seltzer), non-steroidal medications (such as Ibuprofen, Advil, Motrin, Aleve, Naprosyn, etc.), or anti-inflammatory medications (such as Mobic, Voltaren, etc.)

2. If you are taking a BLOOD THINNER, contact your prescribing physician for instructions on when to stop the medication prior to your procedure.
3. Discontinue iron pills.
4. Do not consume nuts, seeds, whole grains, popcorn.
5. Review and plan dietary needs. (See beverage items on back)

Colonoscopy Prep

Purchase (no prescription required):

- Dulcolax Laxative tablets – four (4) tablets
- Miralax 238 gm bottle
- Gatorade 64 oz. – no red or purple
- DIABETICS should use sugar-free sports drink

The Day Before Your Colonoscopy

1. Starting at **7 am**, consume only clear liquids (see list on reverse page, labeled Clear Liquid Diet).
2. Drink plenty of fluids; the prep is dehydrating. More fluids will make it easier for the hospital staff to start your IV.
3. At **11 am** take 4 Dulcolax tablets with 8 oz. clear liquids.
4. At **2 pm** mix the Miralax with the Gatorade. Shake solution until dissolved. Drink one (1) 8 oz. glass every 30 minutes until the solution is gone.
5. If you should become nauseated, stop drinking the prep for 30 minutes, and then finish the Miralax-Gatorade solution more slowly.
6. **Nothing by mouth after midnight.**

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Frequently Asked Questions

The Day of Your Colonoscopy

1. Take your usual medications with a sip of water unless otherwise indicated. Review medication guidelines on back.
2. Do NOT bring valuables with you to the hospital.
3. DO bring ID, health assessment form and insurance information.

Medication Guidelines

- If you are taking medications for high blood pressure, seizures, an infection (antibiotics), heart problems, thyroid or acid reflux, you may take these medications with a sip of water the morning of the procedure no less than two (2) hours prior to the procedure.
- DO NOT TAKE any diuretics (fluid pills) until after the completion of the procedure.
- If you are a diabetic, please do NOT take your diabetic medications until after the examination is over and you have eaten.

Clear Liquid Diet

Enjoy plenty of these items; no solid food

- Water
- Clear broth – any flavor
- Clear juices – NO pulp, NO red or purple
- Soda
- Tea or coffee (without creamer); may use sugar or sweeteners
- Popsicles, Italian Ice (NO red or purple, NO fruit, NO cream)

NOT ALLOWED:

Dairy products, oatmeal, Cream of Wheat, Jell-O, cream soups, tomato/orange/grapefruit juices

1. **Why avoid red/purple liquids?** The artificial food color can persist in the colon and look like blood.
2. **What should I do if I am feeling nauseous and don't think I can drink any more of the prep solution?** It is important that you continue to drink the solution if possible. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. If you feel sick, wait 30 minutes and slowly begin drinking the solution again.
3. **I drank a lot of the solution and have not gone to the bathroom yet. What should I do?** Keep drinking. Most people have a bowel movement after an hour; some patients may take two hours or longer.
4. **I am taking the prep and now I am having loose, watery stools. Do I still need the rest of the prep?** YES. You may have solid stool higher in the colon that still needs to be eliminated.
5. **My bottom is sore. What can I do?** To clean the area, avoid rubbing. Gently pat dry with a wet washcloth. Use baby wipes, Tucks pads or try a diaper rash ointment.
6. **Can I chew gum or suck on candy?** Yes, but nothing with soft centers or red color.
7. **What can I take for headache and pain relief?** You may take Tylenol as directed.
8. **Can I have a colonoscopy if I am menstruating?** Yes, the procedure can still be performed. We ask that you wear a tampon if possible.
9. **Can I brush my teeth?** Yes!