

COLONOSCOPY

WHAT IS A COLONOSCOPY?

This diagnostic tool evaluates the lower part of the colon for colon cancer.

**** A Surgical Nurse will call you prior to the procedure to discuss your medications, answer questions, and confirm your appointment date and arrival time. This is an important call. Please be ready to receive it or your procedure may be cancelled. If you are returning a call, do so between 7am – 3pm at 402-395-3245.**

PATIENT PREPARATION

FIVE (5) DAYS BEFORE PROCEDURE:

1. Stop taking supplements such as **iron pills, Vitamin E, fiber supplements and herbal supplements.**
2. Stop taking any weight-loss medications or supplements. **(STOP PHENTERMINE for 2 weeks)**
3. Arrange to have a responsible licensed adult driver to take you home following your scope. Legally, you **MUST NOT DRIVE** for 12 hours after your procedure.
4. Your colon prep supplies are in the pharmacy section of most stores.
5. **If you take anticoagulants (blood thinners)** such as warfarin, Coumadin, Eliquis, Xarelto, Effient, Brilinta, Ticlid, Plavix, etc., please contact your doctor for direction on when to stop the medication.
6. If you are on insulin, contact your doctor for instructions prior to procedure.

THE DAY BEFORE PROCEDURE:

1. Follow a clear liquid diet all day, **NO SOLID FOODS.**
 - a. Clear liquids are **WATER, COFFEE (NO milk or creamers), TEA, POP, CHICKEN OR BEEF BROTH** (no meat/noodles),
 - b. Plain jello with no fruit, juice without pulp, popsicles and sports drinks. **Clear liquids DO NOT include any milk products or cream soups. Avoid all RED products (ie: fluids, jello or popsicles) and drink plenty of fluids to stay hydrated and aid in IV placement.**
2. Medications should be taken on your regular schedule unless otherwise instructed. Taking medications within 1 hour of starting the colon prep may prevent them from being absorbed correctly.
3. Due to anesthesia, **DO NOT have anything to drink after midnight. DO NOT** chew gum, suck on hard candy/mints or use tobacco the morning of the procedure.
4. **Refer to the colon prep directions on how to take the prep (see below). BOWEL PREPARATION OR CLEANSING IS NECESSARY TO PERFORM AN EFFECTIVE COLONOSCOPY.**

CONSTIPATION INSTRUCTIONS: **Follow this step ONLY if have a history of constipation** (regular use of stool softeners or laxatives), otherwise follow “The Day Before Procedure” Instructions. **(Remember to purchase additional prep supplies)**

1. Begin clear liquid diet for 2 FULL days prior to the procedure date. **DO NOT** consume any solid food, milk, cream soups or fruit juice with pulp.
2. Two (2) days before procedure at **1:00 and 5:00pm** take 2 dulcolax tablets with one 17 gm dose of MiraLAX mixed in an 8 oz. glass of water
3. Follow above instructions for “The Day Before Procedure.”

You may experience chills, bloating, cramping or nausea while drinking your colon prep. **If symptoms are severe, please temporarily slow** or stop your intake until symptoms subside. Then resume drinking the prep until it is finished. **Call your doctor if you can't finish your prep.** It is helpful to use A&D ointment, Preparation H, Desitin or Tucks on your bottom to prevent soreness and/or irritation.

MiraLAX Prep

You need to purchase:

- * 4 Dulcolax (bisacodyl) tablets
- * 1 bottle (238 gram) MiraLAX
- * 64 oz. Gatorade or Propel fitness water

1. **DO NOT** use RED colored liquids. Dulcolax and MiraLAX may be purchased without a prescription
2. **At NOON** – Take the 4 Dulcolax tablets with a large glass of water
3. **At 3:00 PM** – Mix the MiraLAX well with 64 oz. Gatorade or Propel. Drink 8oz every 15 min. until gone. (You may temporarily slow/stop drinking the solution but **you need to drink ALL of the prep solution**)



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