

# COLONOSCOPY

**\*\* A Surgery 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, after hours call 402-395-2191.\*\***

## PATIENT PREPARATION

### **Weight –Loss Medications:**

1. **STOP PHENTERMINE** for 2 weeks, prior to the procedure.
2. If you use GLP-1, you **must complete the prep using “Constipation Instructions”** below for slow colon transit.
  - a. For daily, oral use of GLP-1, **STOP taking on the day before and the day of the procedure.**
  - b. For weekly, injection use of GLP-1 **STOP taking for at least 7 days prior to procedure.**

### **SEVEN (7) DAYS BEFORE PROCEDURE:**

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

### **BOWEL PREPARATION OR CLEANSING IS NECESSARY TO PERFORM AN EFFECTIVE COLONOSCOPY.**

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.

Due to anesthesia, **DO NOT have anything to drink after midnight on the day of your procedure. DO NOT** chew gum, suck on hard candy/mints or use tobacco, including smoking, vaping or chewing, the morning of the procedure.

**SEE NEXT PAGE FOR COLON PREP INSTRUCTIONS**

# COLONOSCOPY

## COLON PREP INSTRUCTIONS (1-DAY PREP):

### 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).** You **MUST** drink plenty of fluids up to **(BUT NOT AFTER)** midnight on the day of your procedure 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.

**\*\*mixture can be stored in refrigerator to make it easier to drink\*\***

#### MiraLAX Prep Day of Procedure

You need to purchase:

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

**1. DO NOT** use RED colored liquids. Dulcolax and MiraLAX may be purchased without a prescription

**2. At NOON the day before procedure** – Take the 4 Dulcolax tablets with a large glass of water

**3. At 3:00 PM** – Mix the MiraLAX bottle well with 64 oz. Gatorade Zero or Propel. Drink 8oz every 15 min. until it is gone. (You may temporarily slow/stop drinking the solution if you feel nauseated, but **you need to drink ALL of the prep solution**)

## CONSTIPATION INSTRUCTIONS (2-DAY PREP):

**Follow if you have a history of constipation with regular use of stool softeners or laxatives & if GLP-1 use.** (Remember to purchase additional prep supplies)

### TWO (2) FULL DAYS BEFORE PROCEDURE:

3. 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).** You **MUST** drink plenty of fluids up to **(BUT NOT AFTER)** midnight on the day of your procedure to stay hydrated and aid in IV placement.
4. 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.
  - a. 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

**\*\*mixture can be stored in refrigerator to make it easier to drink\*\***

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- \* 1 bottle (238 gram) MiraLAX
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**1. DO NOT** use RED colored liquids. Dulcolax and MiraLAX may be purchased without a prescription

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**3. At 3:00 PM** – Mix the MiraLAX bottle well with 64 oz. Gatorade Zero or Propel. Drink 8oz every 15 min. until it is gone. (You may temporarily slow/stop drinking the solution if you feel nauseated, but **you need to drink ALL of the prep solution**)