



## **Colonoscopy Packet**

### **What is a colonoscopy?**

This is a procedure to allow the doctor to look directly at the lining of the colon (large intestine) for abnormal growths, such as polyps or cancer. The doctor will use a small flexible tube (colonoscope) with a light and a camera at the end to examine the colon during the procedure.

### **What preparation is required?**

The colon must be completely clean for the procedure to be accurate and complete. The doctor will give you detailed information regarding what to eat, what to avoid, and the cleansing routine you can use to prepare. Most medications should be continued as usual, but some medications can interfere with the preparation or the examination. It is best to inform your doctor of your current medications, as well as any allergies to medications. DO NOT take any ibuprofen, naproxen, aspirin or aspirin-like products 7 days before your procedure.

### **How is the procedure done?**

The doctor will give you medication to help you relax and prevent discomfort during the procedure. If you have other problems, such as nausea, these can be addressed with medication as well. During the procedure you will be lying on your left side as the doctor inserts the colonoscope into the anal opening. This will be slowly advanced with the help of air through the large intestine. The scope is then slowly pulled back to allow the doctor to look for any abnormalities.

### **What are polyps and why are they removed?**

Polyps are abnormal growths that may appear in the lining of the colon and can vary in size from a tiny dot to several inches across. Most polyps are benign (non-cancerous), but the doctor cannot always tell a benign from a pre-cancerous or cancerous polyp by its outer appearance. For this reason, polyps are removed by passing special instruments through the colonoscope and removing the polyp which will then be sent for analysis.

### **What happens after a colonoscopy?**

The examination itself usually takes less than an hour; however, more time in the room may be required to allow for sufficient recovery. After the exam, the doctor may briefly discuss the findings of your exam with you and your family. **YOU WILL NEED SOMEONE TO DRIVE YOU HOME. YOU CANNOT DRIVE OR DRINK ANY ALCOHOL THE DAY OF YOUR PROCEDURE.** You may resume a normal diet after the exam unless your doctor gives you other instructions. Results from biopsy can take 10 days to return.

**If you have any questions about your test or the instructions, please call.**

**812-524-3333**



Your Procedure Date: \_\_\_\_\_ Check in time: \_\_\_\_\_

Your Phone Nurse Registration Call Date: \_\_\_\_\_ Time: \_\_\_\_\_

You will receive a call from the hospital to pre-register you a few days prior to your exam. Please try to be available.

**READ THIS ENTIRE PACKET AT LEAST 2 WEEKS BEFORE YOUR TEST. IF YOU DO NOT FOLLOW THESE INSTRUCTIONS, YOUR PROCEDURE MAY BE CANCELED.**

A colonoscopy is generally a safe procedure. Complications such as bleeding or bowel perforation are rare but could require surgical correction. Sedation can rarely lead to complications, such as slowed breathing. If you have concerns, please speak with your doctor.

If you take a blood thinner, such as Coumadin (warfarin), Xarelto, Eliquis, or others, you may need to stop the medication 3 to 7 days before the exam. Please speak to your doctor or call Family Medical Center at 812-524-3333 regarding when to stop these medications. DO NOT take aspirin, ibuprofen/Advil/Motrin, naproxen/Aleve, or similar medications for 7 days before the exam.

**YOU MUST MAKE SURE A PERSON AT LEAST 18 YEARS OLD COMES WITH YOU TO THE EXAM TO DRIVE YOU HOME.** The medications used to ensure you comfort during the exam could impair your ability to drive or make important decisions for the remainder of the day.

#### THE WEEK BEFORE YOUR TEST

You will need to buy some medications and drinks for your colonoscopy preparation (prep). There are two preps to choose from. Both are equally effective. Please choose the prep you feel you will tolerate the best.

You will need to purchase 2 kinds of medicine from the pharmacy. These products are in the "LAXATIVE" section. Store brands often cost less. You do not need a prescription. Ask the pharmacist to help you find what you need.

#### 5 DAYS BEFORE YOUR TEST

- Do not eat any nuts, seeds, popcorn, corn, or green leafy vegetables.
- Stop any iron tablets or vitamins with iron.
- Stop using fiber supplements such as Metamucil, Citrucel, or Fiberall.
- Be sure you have purchased all your prep supplies.
- Call Family Medical Center at 812-524-3333 if you have any questions or concerns about colon preps not working for you in the past. Your prep may need to be changed.
- Please double check your date and time. Be sure you have driving arranged to arrive 1 HOUR prior to your procedure time.



### **What to purchase**

- One large (8.3 ounces or 238 grams) of Miralax or store brand Polyethylene Glycol
- Four Docusate Laxative tablets (not stool softener) or Bisacodyl tablets (5mg)
- One large (64 ounce) Gatorade bottle or other sports drink that is NOT RED

Be sure you have other clear liquids from the list below that you will be able to drink the day of the test:

- Water
- Fruit juices that you can see through, such as apple or white grape (NO RED JUICES)
- Gatorade or other sports drinks that are NOT RED
- Kool-Aid or other drink mixes that are NOT RED
- Ginger ale, lemon lime sodas, or non-caffeinated colas
- Clear broth or bullion
- Coffee or teas (no milk or creamer)

**Do not have any solid foods to eat the day prior to and day of your colonoscopy** (approximately 32 hours). Mix the entire Miralax bottle with the 64 ounces of Gatorade and chill in the refrigerator. Drink plenty of clear liquids through the day to prevent dehydration from the prep. You may take your normal medications with a clear liquid and brush your teeth the day of your colonoscopy. If you are a diabetic, consult with your doctor about your medications or insulin doses that morning. **Choose one of the two of the bowel preparations below.**

### **COLONOSCOPY PREP #1: SPLIT-DOSE MIRALAX BOWEL PREP**

#### **Step 1**

- 1) Though you may have clear liquids to drink, you should continue to avoid solid foods over night.
- 2) AT 5PM, take 4 Dolcolax laxative pills with water by mouth.
- 3) At 7PM, drink the first half of the Gatorade/Miralax solution. Drink one 8-ounce glass every 10 minutes.

**Step 2-** The day of the procedure (4 hours before your scheduled exam)

- 1) Take the second half of the Gatorade/Miralax solution. Drink one 8-ounce glass every 10 minutes until there is no Gatorade/Miralax solution left.

### **COLONOSCOPY PREP #2: EVENING BEFORE MIRALAX PREP**

- 1) At 3:00 P.M., take the 4 Ducolax Laxative (not stool softener) tablets with 8 ounces of clear liquid.
- 2) At 4:00 P.M., start to drink the Miralax mixture. Drink an 8 ounce cup of the mixture every 15 to 20 minutes until you finish the entire mixture.
- 3) Continue to drink other clear liquids through the evening.

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