



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, or arthritis medications 7 days before your procedure.

How is the procedure done?

You will be given a 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 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 the 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, etc.
- 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 at endoscopy center 1 HOUR prior to your procedure time.



COLONOSCOPY PREP #1: SPLIT MIRALAX BOWEL PREP

What to purchase

- One large (8.3 ounces or 238 grams) of Miralax or store brand Polyethylene Glycol
- Four Dulcolax (bisacodyl) Laxative (not stool softener) tablets 5mg each
- One large (64 ounce) bottle of Gatorade, Propel, or other non-carbonated sports drink that is NOT RED
If you have Diabetes, you may use sugar-free version.

Be sure you have other clear liquids from the list below to drink the day before 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 other clear colas
- Clear broth or bullion
- Coffee or teas (no milk or creamer)
- Jello or Popsicles that are NOT RED

Do NOT have any solid food to eat the ENTIRE day prior to your colonoscopy (approximately 32 hours); only clear liquids as above. Mix the entire Miralax bottle with the 64 ounces of non-carbonated sports drink and chill in the refrigerator. Do not mix before the day prior to your colonoscopy.

Step 1- The night before your procedure

- 1) AT 5PM, take 4 Dulcolax (bisacodyl) laxative pills with water by mouth
- 2) At 7PM, drink the first half of the Gatorade/Miralax solution. Drink one 8-ounce glass every 10 minutes until 32 ounces of the Gatorade/Miralax solution has been consumed.

Step 2- The day of the procedure (Start 5 hours prior to arrival at the hospital)

- 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.

You may take your normal medications in the morning with a small amount of clear liquid and brush your teeth. Do not drink any fluids after completing the Gatorade/Miralax solution 4 hours prior to arriving at the hospital. If you are a diabetic, consult with your doctor about your medications or insulin doses that morning. Do NOT eat any solid food until instructed after your procedure.



COLONOSCOPY PREP #2: MIRALAX PREP

What to purchase

- One large (8.3 ounces or 238 grams) of Miralax or store brand Polyethylene Glycol
- Four Dulcolax (bisacodyl) Laxative (not stool softener) tablets 5mg each
- One large (64 ounce) bottle of Gatorade, Propel, or other non-carbonated sports drink that is NOT RED
If you have Diabetes, you may use sugar-free version.

Be sure you have other clear liquids from the list below to drink the day before 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 other clear colas
- Clear broth or bullion
- Coffee or teas (no milk or creamer)
- Jello or Popsicles that are NOT RED

Do NOT have any solid food to eat the ENTIRE day prior to your colonoscopy (approximately 32 hours); only clear liquids as above. Mix the entire Miralax bottle with the 64 ounces of non-carbonated sports drink and chill in the refrigerator. Do not mix before the day prior to your colonoscopy.

- 1) At 3:00 P.M., take the 4 Dulcolax Laxative (bisacodyl) 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 but do not eat or drink anything after midnight.

You may take your normal medications in the morning with a small amount of clear liquid and brush your teeth. Do not drink any fluids after midnight. If you are a diabetic, consult with your doctor about your medications or insulin doses that morning. Do NOT eat or drink until instructed after your procedure.

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