

# How to Prepare for Your Colonoscopy

## 1 Week Before Your Procedure .

Go on [www.onemedicalpassport.com](http://www.onemedicalpassport.com) to fill out the forms for Surgicare.

- If you take medication to thin your blood (such as aspirin or other anticoagulants), ask the doctor who prescribes it for you when to stop taking it.
  - Some examples are aspirin, warfarin (Coumadin®), clopidogrel (Plavix®), dabigatran (Pradaxa®), apixaban (Eliquis®), and rivaroxaban (Xarelto®).

### Buy supplies

- 4 (5 mg) tablets of bisacodyl (Dulcolax®). These are usually sold as a box of 10 tablets.
- 2 (238 gram) bottle of polyethylene glycol (MiraLAX ®). NAME BRAND TASTES BETTER
- 64 ounces of any clear liquid that isn't red, purple, or orange.
  - A sports drink like Gatorade® or Powerade® is a good choice. Sports drinks will help replace electrolytes that you will lose during the bowel preparation.
  - If you have diabetes, be sure to get sugar-free clear liquids.

## The Day Before Your Procedure

### Prepare your MiraLAX bowel preparation

On the morning of the day before your procedure, mix all 238 grams of the MiraLAX powder with 64 ounces of a room temperature clear liquid until the MiraLAX powder dissolves. Once the MiraLAX is dissolved, you can put the mixture in the refrigerator. Many people find it tastes better chilled.

Don't mix the MiraLAX earlier than the morning of the day before your procedure.

### Follow a clear liquid diet

You will need to follow a clear liquid diet the day before your procedure. Examples of clear liquids are listed in the table in this section.

- Don't eat any solid foods.
- Don't drink anything red, purple, or orange.
- Make sure to drink plenty of liquids in addition to water, coffee, and tea. This helps to make sure that you get enough calories and is an important part of your colonoscopy preparation. Try to drink at least 1 (8-ounce) glass every hour while awake.

## Drink

## Do Not Drink

### Soups

- Clear broth or bouillon
- Clear consommé
- Packaged vegetable, chicken, or beef broth

- Any products with any particles of dried food or seasoning

### Sweets

- Gelatin (such as Jell-O®)
- Flavored ices
- Sweeteners, such as sugar or honey

- Anything red, purple, or orange

### Beverages

- Water
- Clear fruit juices, such as white cranberry, white grape, apple
- Soda and sports drinks, such as 7-Up®, Sprite®, ginger ale, seltzer, Gatorade®
- Tea or black coffee (no cream)
- Clear liquid protein drinks

- Juice with pulp
- Nectars
- Milk
- Alcoholic beverages

Start your bowel preparation

#### Step 1: Take 2 bisacodyl tablets

At **4:00 PM** on the day before your procedure, take 2 bisacodyl tablets by mouth with a glass of water.

#### Step 2: Drink the MiraLAX mixture

At **4:15 PM**, drink 1 (8-ounce) glass of the mixture. Do this every 15 minutes for a total of 4 times.

- When you're finished, half of the MiraLAX mixture will be left. Save the rest of it in the refrigerator for the second half of your preparation.
- Bowel movements usually begin within 1 hour of drinking the first dose, but it may take longer for some people.
  - Don't worry if you don't start having bowel movements after drinking the first half of the MiraLAX. Continue to drink liquids and start the second half of the MiraLAX as instructed.
- Continue to drink clear liquids to stay hydrated and flush out your colon.

At **6:00 PM**, take 2 bisacodyl tablets by mouth with a glass of water. Then, start drinking the second half of the MiraLAX mixture. Drink 1 (8-ounce) glass every 15 minutes until you finish the bottle.

**If you are not having a clear bowel movement. Mix the 2nd bottle of Miralax in 64 oz of Gatorade and drink 8 oz every 15 minutes till the bowel movement is clear.**

# The Day of Your Procedure

## Things to remember

- Take only the medications you were instructed to take the morning of your procedure. Take them with a few sips of water. **DO NOT DRINK OR EAT ANYTHING ELSE.**
- Don't apply any lotions, creams, or powder to your chest or arms.
- Remove any jewelry, including body piercings.
- Leave all valuables, such as credit cards and jewelry, at home. We don't have lockers to store your valuables in.
- If you wear contacts, wear your glasses instead.

## What to bring with you

- A list of the medications you take at home
- If you have an implanted pacemaker or cardioverter-defibrillator (AICD), bring your wallet card with you if it isn't already on file with the Surgicare.
- Your rescue inhaler (such as albuterol (Proventil®, Ventolin®) for asthma), if you have one
- A case for your glasses
- Your Health Care Proxy form, if you have completed one

## What to expect

Once you arrive at the facility, you will be asked to state and spell your name and date of birth many times. This is for your safety. People with the same or similar names may be having procedures on the same day.

When it's time to change for your procedure, you will get a hospital gown, robe, and nonskid socks to wear.

You will meet with your doctor before your procedure. They will explain the procedure to you and answer any questions you may have.

You will meet with your anesthesiologist. They will review your medical history with you and talk with you about the kind of anesthesia (medication to make you sleep) you will receive.

Once it's time for your procedure, you will either walk into the operating room or be taken in on a stretcher. A member of the operating room team will help you onto the exam table. You will lay on your left side with your knees bent.

Your anesthesiologist will place an intravenous (IV) line into a vein, usually in your arm or hand. You will get anesthesia through your IV, which will make you fall asleep. Once you're asleep, your doctor will examine your rectum.

Your doctor will place a colonoscope into your rectum. The colonoscope is connected to a video monitor. This allows your doctor to see the inside of your colon. Your doctor will use air and

fluid to move the colonoscope along the length of your colon while looking for anything unusual on the video monitor.

## After Your Procedure

### In the recovery room

You will wake up in the Post Anesthesia Care Unit (PACU). Your nurse will continue to monitor your heart, breathing, and blood pressure. Many people feel bloated and have stomach cramps after a colonoscopy. This is normal and goes away by passing gas.

Once you're fully awake, your nurse will remove your IV. If you have someone waiting with you, your nurse will explain your discharge instructions to both of you before you go home.

### At home

- If you had a biopsy, you may notice a few drops of blood coming from your rectum. This is normal after a biopsy. However, there should be no more than a few drops and it should not last more than 24 hours.
- You may resume your normal activities 24 hours after your procedure.
- Don't drink alcoholic beverages for 24 hours after your procedure.
- You may begin eating light foods as soon as you're discharged. Work your way up to your normal diet. If your doctor wants you to limit your diet for a period of time, they will tell you.

### Call your doctor or nurse if you have:

- A temperature of 101° F (38.3° C) or higher
- Severe stomach pain or bloating
- Bleeding from your rectum that lasts more than 24 hours
- Bleeding between bowel movements
- Weakness, faintness, or nausea
- Heavy bleeding from your rectum