**PREPARING FOR A COLONOSCOPY**

COLONOSCOPY PREP

**You need to buy the following from any pharmacy or grocery store in laxative section. (No prescriptions are needed):**

**1. Dulcolax** (generic bisacodyl) –need six (6) tablets

a. No suppositories orstool softeners

**2. Miralax** (generic polyethyleneglycol 3350) – need 238g or8.3 oz bottle of powder

**3. Non-carbonated drink** – Need64 ounces total. Buy two different 32-ounce flavors if desired.

a. Gatorade, Propel, Crystal Lite or other non-carbonated clear liquid drink (no blue, purple, or red colors).

b. If you have diabetes, you may use sugar-free Gatorade.

c. Ok to use water.

Note**: If you have severe constipation we advise taking Miralax, 2 capfuls, 2 days prior to procedure to ensure good prep.**

**ONE DAY BEFORE YOUR COLONOSCOPY**

**Follow directions outlined below.**

1. Clear liquids are permitted all day. Do NOT consume anything that is red or purple in color, dairy products, solid foods, or alcohol

a. A clear liquid diet is food you can see through. Examples include:

Soup broth Tea

Coffee-without creamer, sugar is okay Gatorade type drinks

Popsicles Crystal Lite Apple juice or white grape jucie Hard candy

Jello

b. Avoid all solid foods, milk, orange juice, etc.

2. Mix 8 ounces of Miralax powder with 64 ounces of Gatorade (or non-carbonated drink of choice). Chill if desired.

3. At noon, take (3) Dulcolax tablets with water by mouth and start drinking Miralax mixtures. Finish by 8 p.m. At 8 p.m. if stools not running clear take the other three (3) Dulcolax tablets with water by mouth.

a. Recommend using full 8 hours to drink miralax mixtures because ingesting too quickly can lead to nausea and vomiting

4. Ok to continue clear liquids until midnight or 6 hours prior to your scheduled procedure.

**HELPFUL TIPS**

**Blood Thinners**

**Check with your doctor, but in general:**

**Coumadin:** discontinue using 5 days prior to procedure.

**Plavix or Brilinta:** discontinue using 7 days prior to procedure.

**Xarelto or Elliquis:** discontinue using 2 days prior to procedure.

**Aspirin:** OK to continue use.

**Two days prior to your procedure:**

Begin low-residue diet

• Allowed: soup, fish, chicken, eggs, white rice, crackers, plain yogurt, pasta, potato with no skin, gelatin, broth, bouillon, all liquids

• Avoid: fresh and dried fruit, all vegetables, raisins, nuts, seeds, cloves, any other meat besides what is listed above

* If you are taking multivitamins with iron or iron supplements: hold for 2 days prior to your procedure

**Day of procedure:**

**1.\*\*\*\*If you are a menstruating female, you will need to provide a urine sample upon arrival**

2. If you take blood pressure or heart medicine, you may take it with a sip of water

3. Remember you can have clear liquids up until 6 hours prior to the scheduled procedure time.

4. Wear loose clothing and leave your jewelry and valuables at home.

5. Bring a list of all your medications to the center.

6. We generally run on schedule, so please arrive on time. Occasionally an unforeseen event may cause us to be delayed. Please bring some material to keep you occupied if one of these rare events occurs.

**7. YOU MUST HAVE A RIDE TO AND FROM THE PROCEDURE!** A responsible adult must take you home. Going in a taxi or bus by yourself will not be allowed.

**If you are diabetic:**

1. Use sugar-free drinks during the prep and monitor your blood sugar closely to prevent low blood sugar and use insulin sliding scale if needed for high values

2. If you are on insulin take half of your usual evening dose the day prior to the procedure and also on the morning of the procedure.

3. Hold your diabetic medication the morning of the test if you are not on insulin.

**Suggestions:**

1. Some people may develop nausea with vomiting during the prep. The best remedy for this is to take a break from drinking the solution for about 30 minutes and then resume drinking at a slower rate. It is important to drink the entire contents of the solution.

2. Walking between drinking each glass can help with bloating.

3. Use baby wipes instead of toilet paper.

4. Apply some Vaseline or Destin to the anal area, between buttocks prior to beginning the prep and reapply as needed.

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**General Colonoscopy Information**

**COLONOSCOPY**

A procedure on a clean, prepared colon using a flexible scope with fiber optics to visualize the entire colon (also known as the large intestine) for colon cancer screening and possibly visualize the last part of the small intestine. It also allows for treatment such as removal of polyps, biopsies of unusual areas or control of bleeding.

**LENGTH OF PROCEDURE**

The procedure usually lasts from 20 to 30 minutes, but can take longer if polyps are present, if the colon is excessively long or twisted, or if excessive scar tissue exists. The extent of time required from check-in to checkout is approximately three hours.

**AWARENESS DURING THE PROCEDURE**

The procedure is usually done with moderate “conscious” sedation where you are comfortable during the exam. You may fall asleep but are easily awoken. Occasionally deeper anesthesia with an anesthesiologist present is used. Which one used depends on a variety of issues including medical history and past experience with anesthesia. You may experience some cramping or “gassiness” during or after the procedure.

**AFTER THE PROCEDURE**

**You cannot drive home after the procedure due to the sedation**, and should not drive that day. You must make arrangements to have someone take you home from the hospital. You should take the rest of the day off and not operate any machinery, go into work or sign any legal documents for the rest of the day. It is preferable that someone stay with you until the following morning. You should be able to return to work the following morning.

**RESULTS AND FOLLOW-UP**

Results will be given both verbally and in written form right after the procedure. They will be discussed with you and anyone waiting for you if you so direct. We will contact you by phone if anything needs immediate follow-up. Office follow-up is usually not necessary after a routine colonoscopy. If you would like a follow up appointment or other issues are involved, then schedule a follow-up office appointment. Your next recommended colonoscopy is usually based on family history, findings at the time of colonoscopy, pathology results or other factors.

**INSURANCE**

Colonoscopies are frequently covered by insurance companies. You may still be responsible for a deductible or a co-payment. Our office will generally pre-certify your procedure if done at Prairie Lakes Hospital. If the procedure is done at Sanford Clinic, you are responsible to contact your insurance company. Medicare does not require precertification.

* **Important information!  Please call your insurance company before your colonoscopy.** You will want to know how much you and your insurance will pay. The cost depends on:
  + your health history
  + why the colonoscopy is being done
  + what is found during the colonoscopy

**LOCATIONS AND CONTACT INFORMATION**

**Sanford Health- Watertown Clinic**

901 Fourth St. NW, Watertown, SD 57201-1558 (2nd floor)

(605) 886-8471

**Prairie Lakes Healthcare**

(605) 882-7690

• Hospital will call one day prior with your arrival time.

**Brookings Health System**

(605) 696-9000

• Hospital will call one day prior with your arrival time.

**Sanford Hospital- Webster**

(605) 345-3336