

# COLONOSCOPY

A colonoscopy is a procedure to look at the inside lining of your colon. It is used to identify small growths called polyps, cancers, inflammation, bleeding, and other concerns. During the exam the physician is able to remove these polyps to help prevent colon cancer.

## Before the Procedure

- You may need to adjust your diabetic and blood thinning medications as instructed by your physician.
- You have instructions to complete the bowel prep. This requires a clear liquid diet the day prior to your exam. You will also be drinking a large amount of a laxative liquid to clean your colon out. This is necessary for the physician to identify and remove small polyps. Once the bowel prep is completed you should be passing a clear yellow liquid out your bottom.

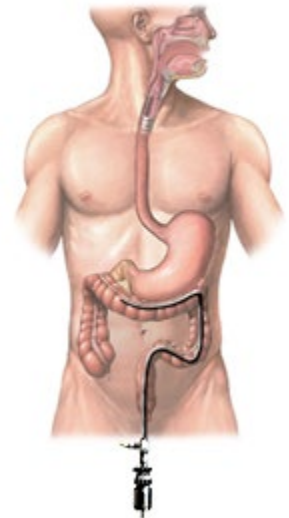
## During the Procedure

- You will arrive at the hospital and the nursing staff will get you ready for the procedure and sedation.
- You will meet your endoscopy physician at that time to review things and answer any questions.
- You will receive sedation during the procedure to keep you comfortable and relaxed.
- During the exam a thin flexible tube with a camera will be used to inspect, remove polyps, or take samples of your colon lining.
- During the exam you may experience temporary gas pains and cramping at times; this is normal.

## After the Procedure

- You will need a driver to take you home after the procedure due to the sedation.
- You will recover from the sedation and the physician will review the results of the procedure with you.
- You may experience some mild bloating and gas pains from the air that is left in the colon. This is temporary and normally resolves quickly. Just pass the gas.
- Do not drive for 24 hours after the procedure due to the sedation medications.
- If you had polyps removed during the exam, you may have a small amount of blood in the first few poops after the exam. This is normal. Contact the physician if the bleeding persists into the next day or you are passing a large amount of blood.
- You may resume a normal diet. Start with small amounts of soft foods.
- If you had polyps removed, the physician will typically send you a letter with the results in 1-2 weeks.

Lower endoscopy





Your provider has recommended you have a colonoscopy. The most important part of the procedure is the bowel prep. To have a successful colonoscopy, your colon must be clean. If the colon is not clean, the accuracy of the screening may be affected and/or the procedure may need to be cancelled or delayed. Please expect a call from Black River Memorial Hospital’s Surgical Department five to seven days prior to the procedure date where you will be provided with an arrival time.

**PREP INSTRUCTIONS**

Please follow the below instructions carefully.

**IMPORTANT:** If you take diabetes medications or blood-thinning medications (such as Coumadin, Warfarin, Ticlid, Plavix, Lovenox, Pletal, Pradaxa, Xarelto, Persantine, Eliquis, and Aggrenox), please notify the prescribing doctor at least two weeks prior to your procedure. The prescribing doctor will provide guidance on possible medication changes necessary for a successful colonoscopy procedure.

\*If you take a daily Aspirin, please continue to take it.

You **MUST** have a responsible driver lined up for the day of your procedure as anesthesia will be administered and impair your ability to drive safely. Patient’s must refrain from driving for 24 hours after the procedure.

Bowel Preparation Supplies	Amount
MiraLAX® (polyethylene glycol)	One (1) 238gm/8.3oz bottle
Dulcolax® (bisacodyl)	Four (4) 5mg tablets
Gatorade® or water/flavored water (not red or purple)	64oz. total

\*Bowel preparation supplies can be obtained through a local pharmacy or purchased over the counter. \*

**Three days before your colonoscopy:**

- Avoid high-fiber foods such as seeds, nuts, popcorn, fresh fruits/vegetables
- Drink 8 glasses of water during the day to avoid dehydration in anticipation of your bowel prep

**The day before your colonoscopy:**

- You may eat a low-residue meal (see next page for examples) for breakfast. Completely finish your low-residue breakfast by 9AM the day before your scheduled screening. This must be followed by a clear liquid diet until your procedure is complete (see last page for examples). No solid food is allowed after the low-residue breakfast until after the procedure.
- Avoid all red and purple liquids as they can look like blood in the colon during the exam.
- Drink as much water and clear liquids as you want. In fact, drinking large amounts of clear liquids will avoid dehydration and will enhance the effectiveness of the laxative.

### **Bowel Preparation Instructions:**

- The morning prior to your procedure, mix an entire bottle of MiraLAX® into 64oz of clear liquid (Gatorade® or water/flavored water) until it dissolves. Place the mixture in the refrigerator.
- At 4:00PM the day prior to your colonoscopy, take 4 Dulcolax® (bisacodyl) tablets.
- Between 5:00PM and 6:00PM the day prior to your colonoscopy, begin drinking your MiraLAX® (polyethylene glycol) solution
  - Drink a glass full every 15 to 20 minutes until half of the mixture is gone (32oz)
  - Drinking through a straw may help. Take breaks if you get nauseated. Sucking on hard candy between glasses may also help.
- On the day of your colonoscopy, begin to drink the remaining 32oz of your MiraLAX® (polyethylene glycol) solution three to four hours prior to having to leave for your procedure. You may need to start in the middle of the night if your procedure is schedule for early in the morning. Time is of the essence.

A good sign that the prep has been effective is the transition to clear yellow, watery bowel movements. You may continue to drink clear liquids until 2 hours prior to your arrival time. You may also take your usual morning medications.

### **FAQs**

**Why is it important to stay clean inside?** Your provider should be able to see the walls of your colon to complete the colonoscopy exam. If your colon is “dirty” inside, your doctor may not be able to see important things like polyps or cancer.

**Is my preparation working?** Your bowel movement should look like the liquids you are drinking: yellow and clear, with minimal particles.

**What are the effects of a “bowel preparation”?** You will have a lot of diarrhea as a result of bowel preparation. This will begin to take effect from a few minutes to three hours after you have started your preparation. Many people have bloating, abdominal discomfort, and/or nausea. Rarely, some people vomit while undergoing preparation. If you vomit, stop preparation for 30 to 60 minutes, and then resume as normal. If you cannot finish bowel preparation, your colon may not be clean enough for your exam.

**My preparation hasn't started working yet. What do I do?** People respond differently to bowel preparation. If you have waited for more than three hours without a response, then the prep may not be working well. Make sure you are drinking plenty of fluids. If that doesn't work, take the second part of your preparation and continue to drink- enough fluids. Eventually, it will work. Contact Black River Memorial Hospital's Surgical Department at 715-284-3678 if you are still waiting for your preparation to work. If you do not get a return call before 3pm call the hospital main number at 715-284-5361 and ask to speak with the on call surgery RN.

**DIET INSTRUCTIONS**

**LOW-RESIDUE/LOW-FIBER DIET EXAMPLES** (follow this diet THREE days before your colonoscopy):

Breads/Grains	White breads, toast, crackers, pancakes and waffles
Fruits	Most fruit cocktails, apple sauce, peaches, pears (all skinless)
Veggies	Seedless cooked and canned tender vegetables (ex: carrots, green beans, potatoes, peas)
Milk/Dairy Products	Milk, soft cheese, cottage cheese, yogurt (no berries), ice cream (no fruit or nuts)
Meat	Ground or cooked; beef, lamb, ham, veal, pork, fish, poultry (skinless), organ meat, eggs, soft peanut butter

**AVOID:** Whole Grains, Raw Veggies, All Raw Fruit/Berries, Nuts, Seeds, Corn, and Popcorn

**CLEAR LIQUID DIET INCLUDES:**

- Water (plain, carbonated or flavored)
- Fruit juices without pulp, such as apple or white grape juice
- Fruit-flavored drinks, such as fruit punch or lemonade
- Carbonated beverages, including dark soft drinks. (cola and root beer)
- Tea or coffee without milk or cream.
- Sports drinks (Excluding red or purple)
- Clear, fat-free broth (broth or consommé)
- Honey or sugar
- Popsicles without ANY milk, pieces of fruit, seeds or nuts (Excluding red or purple)
- Jell-O