

Name: _____
Date of Procedure: ____/____/____
Arrival Time: _____ am/pm
Procedure time: _____ am/pm

Colonoscopy (Miralax Prep)

What is a colonoscopy?

A colonoscopy is a medical procedure during which a small camera on the end of a thin, flexible tube is used by a specially trained physician to examine the lining of the colon and sometimes the last portion of the small intestine. Patients are typically sedated for the test.

Why do I need this test?

There are a wide variety of reasons that your physician may have recommended that you undergo a colonoscopy. The most common indication is for colon cancer screening. Other examples include evaluation of abdominal pain, diarrhea, change in bowel habits, gastrointestinal bleeding, anemia or low iron levels.

What are the risks?

Complications of a colonoscopy are actually quite rare, but as with all medical procedures, someone should always explain what complications are possible. The risks for colonoscopy include bleeding, perforation, missed lesions, adverse reaction to the sedation medications, heart/lung complications or other unpredictable events. Your gastroenterologist would be happy to discuss any further questions you may have before beginning your colonoscopy.

Please read these instructions carefully as soon as you receive them.

Medication Instructions

1. Discontinue Blood Thinners

You will likely need to stop the following blood thinners/anticoagulants prior to your procedure. Contact your prescribing physician for approval before stopping any of these medications. Call our office ahead of time to let us know if you cannot stop the medication.

7 Days: Plavix, Effient, Xarelto | **5 Days:** Aspirin, Coumadin (Warfarin), Aggrenox, Pradaxa | **3-5 Days:** Eliquis

2. Discontinue Iron- Containing Medications 7 days before a test.

3. Notify your office if you have kidney disease, you are on diabetes medication, or you have an internal defibrillator

Several Days Before Procedure

Obtain over the counter at Pharmacy: Miralax, 238 gram container, 5-tablet pack of Dulcolax (bisacodyl) each 5 mg, 64oz Gatorade or Powerade Zero (**no red or purple**).

3 Days Before Procedure

Call EXPRESS REGISTRATION: (205) 481-8898

Monday- Thursday: 7 am-8:30 pm, Friday: 7 am-2:30 pm

Please have the following available:

Patient Name/ Date of Birth/ Next of Kin, Social Security Number, Current Address, Insurance Information, Retirement Date, medications taken regularly/ known allergies

Additional information not listed may be requested depending upon your insurance.

1 Day Before Procedure

If you fail to do a thorough job with your preparation at home, then despite his/her best efforts, your doctor will not be able to perform a high quality examination. Please follow the instructions below EXACTLY.

ALL DAY: Clear Liquid Diet ONLY

NO solid or soft food, NO milk or other dairy products, NO Alcohol

Clear Liquids are those you can see through: water, fruit juice (no pulp), apple or white grape juice, tea/coffee with no milk or creamer, clear broth, carbonated soft drinks, lemonade, Kool-Aid, plain Jello, popsicles, hard candy. PLEASE AVOID RED AND PURPLE LIQUIDS! **It is important that you drink as much liquid as possible throughout the day!**

2:00 pm (or earlier if able)

Take 2 Dulcolax laxative tablets with 8 oz of water. DO NOT crush or chew tablets. DO NOT take within (1) hour of taking an antacid.

4:00 pm

1. Mix the entire 238 gram bottle of Miralax into 64oz of Gatorade/Powerade or any other clear liquid.
2. Drink 8oz of the solution every 15 min until it is gone. For best results, the prep should be completed within (2) hours.

If you become nauseated while drinking the prep, stop for 30-45 minutes, drink a liquid such as ginger ale to settle the nausea, then resume the prep. Please remain within easy reach of toilet facilities. Everyone is different, so your bowels may begin to move within 30 minutes or it may take several hours before you see results from your colon prep. You may experience some nausea and abdominal pain or discomfort. This should improve as your bowels move. If your symptoms become severe, stop the prep and notify our office immediately or go to the nearest emergency room.

DO NOT EAT OR DRINK AFTER MIDNIGHT!

Day of your Procedure

DO NOT EAT OR DRINK ANYTHING UNTIL AFTER YOUR COLONOSCOPY.

If you take blood pressure, breathing, or heart medications, you may take them with a very small sip of water the morning of your test. Postpone diabetes medications, including insulin, until after your procedure.

What to bring with you: Current Driver's License or other ID, insurance card, copy of living will or advance directive, any copayment required by insurance, list of medications you are currently taking with dosages, a list of any known allergies.

If you wear dentures, bridges, contact lenses or hearing aids, you may wear them to the hospital. Leave all valuables (jewelry, etc.) at home.

IMPORTANT: You **MUST** have a responsible adult accompany you to the GI Lab, wait there during the procedure and drive you home after you are discharged. **Your procedure will be cancelled if you do not have someone to drive you home.**

At the Hospital

You will need to arrive at the hospital one (1) hour prior to your procedure.

Parking: Free parking is available at Medical West Hospital.

Registration: If you previously completed Express Registration, report directly to the **GI Lab on the 2nd floor** of the Physician's Office Building #1. If you did not complete Express Registration, you will need to stop on the **1st floor** of the Physician's Office Building #1 to register.

GI Lab, 2nd Floor, POB #1:

1. The nurse will admit you to a holding room to prepare you for your procedure. This includes taking a detailed history, providing a gown for your procedure and starting an IV.
2. You will be transported to the procedure room where your gastroenterologist will speak with you before your colonoscopy. **Please tell the doctor before your procedure if you do not want your driver to know your results.**
3. After your colonoscopy, you will be taken to the recovery area where your driver and family will join you as you wake up from sedation.
4. Unless you have requested otherwise before your colonoscopy, your gastroenterologist will talk with you and your driver together about the results of your test.
5. Once you have recovered enough to be safely transported home, you will be discharged in the care of your driver.