



## 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.

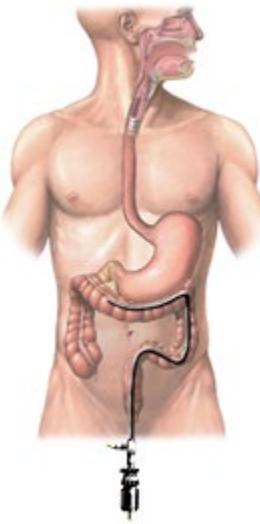
### Before the Procedure

- 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.

### Lower endoscopy



### 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.



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 Health Surgical Services 5-7 days prior to your appointment providing you 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 general 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 examples below) 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 examples below). 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 scheduled 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 up to 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 Health’s Surgical Department at (715) 284-3678 if you are still waiting for your preparation to work.



### 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

**My bottom is sore.**

Use baby wipes and apply petroleum jelly to your bottom as needed.

**My bowel movements are not clearing.**

The goal of the prep is to develop clear-to-yellow, watery bowel movements before the procedure. For most people, this will occur within several hours of finishing the laxative pills and solution.

If you're not clear in the morning, call Surgical Services at (715) 284-3678 and tell them that your bowel movements didn't clear and what time you finished your prep. They will give you advice on whether you're clear enough for the exam or whether further laxative is necessary. We would rather delay your procedure a few hours than have to repeat it due to a poor prep.

**I made a mistake with my diet or food instructions.**

Our instructions include avoiding high residue foods the day before your prep and having a small, low residue breakfast the morning of your prep day. These instructions are designed to help make it easier for your prep to clean you out. If you make a mistake and eat something restricted or not on the list during this time, don't be concerned. Just continue your prep as instructed. Your prep may have to work a little harder, but it will probably work fine. You do not need to call your doctor to ask if you can still have your exam.

Take in only clear liquids after your low-residue breakfast. Eating solid foods later in the prep day will likely cause a delay or cancellation of your procedure.

**I feel nauseated or I vomited some of the prep.**

MiraLAX® is tasteless, so your prep solution should taste like the drink it is mixed with. Therefore, "bad taste" should not be a cause of nausea. Some people will feel nauseated because their stomach cannot tolerate the volume of drinking 8 ounces every 20 minutes. If this happens, just take a 30 minute break and start up again at a slower pace (as slow as 8 ounces every 45 minutes) You must do your best to drink the entire 64 ounces and then give it some time to work. The longer it takes to drink the solution, the greater chance you may lose some sleep having to use the bathroom in the middle of the night. If you happen to vomit some of the solution, don't be concerned. Just give yourself a short break and continue drinking the rest of the solution at a rate you can tolerate. You will likely get cleared out just fine.

**I just can't finish the prep.**

Fortunately, only few people will encounter this problem, since this is a relatively tolerable prep. However, if you run into a "brick wall" with the prep and just can't go on, there's no need to call in the middle of the night unless you have an emergency. Only you can decide whether to stop or continue.

Some patients can still have the procedure after a partial prep. This depends on how far you get with your prep and how well it does in cleaning you out. If your bowel movements are watery, but still predominantly brown, chances are you won't be cleaned out enough to undergo the procedure; however, if your bowel movements are clear or nearly clear, you may still be able to have your procedure.

If you decide to “give up” on the prep in the late evening or overnight, there is no need to call. Simply remain on clear liquids and call Surgical Services at (715) 284-3678 in the morning between 7 – 7:30 a.m. You will be advised what to do at that time. Please note: if you take any solid food after “giving up” on the prep, there is NO chance you can have your procedure that day. There is no need to call in the middle of the night unless you are feeling ill or there is an emergency. Only you can decide whether you can continue on with the prep. Simply call Surgical Services at (715) 284-3678 and describe your problem, and they can help guide you from that point on.

**I feel extremely ill or it's an emergency.**

Fortunately, the vast majority of people will have no trouble with the prep. However, any colon prep can make the rare patient feel extremely ill. If you begin feeling light-headed, experience any fainting or near-fainting episodes, or develop chest pain or heart palpitations, you must immediately stop taking the prep and immediately go to the nearest emergency room.

If you have any known chronic illness, such as diabetes, heart, kidney or lung disease, you should be particularly wary and do not delay in getting to an emergency room if feeling extremely ill. All diabetic patients must monitor their blood sugar levels throughout the prep process and especially if feeling light-headed or ill. Immediate treatment for low blood sugar readings is critical.

**What if I forgot and took a blood thinner the week before the colonoscopy?**

If your doctor gave you permission to stop taking Plavix®- or Coumadin®-type medications, but you make a mistake and take it within a week of your colonoscopy, it is best to give your doctor a call for advice as soon as possible during the day or the next morning.

**Last time, they told me I couldn't take Aspirin or Anti-inflammatory drugs like Motrin® and Aleve®. What changed?**

You are now allowed to continue taking aspirin and NSAIDS like Motrin®, Advil®, Naprosyn, and Aleve® during the week of your colonoscopy. This is a change from some instructions given in the past. Studies have shown that these medications are not potent enough to cause problems during colonoscopy.

**Are there any other “easier preps”, or colon exams that do not require a prep?**

Our prep program is designed to be the easiest and most effective prep regimen available. All preps require drinking at least 64 oz of fluid, including the so-called “pill prep.” All studies that look at the inside of the whole colon require a cleansing prep. There are studies that do not visualize the entire colon or don’t visualize the colon at all. But these studies are more limited in their sensitivity and usefulness. If you are receiving a colonoscopy for a bowel problem, there is no substitute for a colonoscopy with a prep. If you are being screened for colon cancer, there are some less sensitive screening tests that don’t require a prep, but they are much less sensitive and miss cancers more frequently.

**After the procedure, if your abdominal pain is getting worse, you have fever and/or chills, chest pain or shortness of breath seek immediate medical care.**