Colonoscopy examination allows the doctor to visually examine the lining of the colon for abnormalities such as polyps, inflammation or malignancy.

Colonoscopy is typically done as an outpatient with the use of intravenous sedation. Sedation is generally provided by an anesthesiologist/anesthetist. A driver is needed for you to leave the facility.

Colonoscopy is considered a low risk procedure. The benefits include early diagnosis and prevention of colon cancer. The risks and benefits of colonoscopy will be discussed with you before the procedure.

* Read these instructions carefully. An adequate prep is needed to ensure an accurate result.
* If you take **blood thinners** other than aspirin (like coumadin/warfarin, Plavix/clopidogrel, Xarelto or Eliquis) please discuss this with your prescribing provider. A written instruction is generally requested.
* **Blood pressure and cardiac medications must** be taken at their usual time with a sip of water.
* **Diabetes oral medications** are held the night before and the morning of the colonoscopy.
Insulin is generally taken in half dose the night before colonoscopy and held in the morning of colonoscopy.

Please discuss management of your diabetes with your primary care or diabetes provider.

* Constipation may lessen the cleansing effect of the preparation. You may be asked to take additional laxatives the week leading up to colonoscopy. Please notify the office if constipation is an issue for you.

These directions are for colonoscopy preparation using MiraLAX and Gatorade (or Pedialyte). You will be asked to drink two 32 ounce bottles of either MiraLAX or Pedialyte in 2 doses. If you are unable to consume that quantity of liquid, metoclopramide/Reglan can be prescribed.

The most common adverse reactions are nausea, abdominal distention, vomiting and upper abdominal pain. These are fortunately not common. If you do experience severe symptoms or dehydration please call your doctor.

Directions:

**1 week before colonoscopy:**

* Avoid nuts seeds and corn for the week.
* Avoid high-fiber foods for the week. Try to avoid cruciferous vegetables, bran, whole-grains, fresh or whole fruit, or beans. A diet which is higher in protein, such as eggs, meat, fish is generally low in fiber.
* Low fiber diet includes eggs, white bread, cottage cheese, yogurt, chicken breast, turkey or tuna

Purchase these supplies from your local pharmacy, they are available without prescription.

1. **MiraLAX:** 1 bottle, 238 g
2. **Dulcolax** (bisacodyl), 5 mg tablets, 4 pills.
3. **Gatorade** or Pedialyte, 64 ounces or Two 32 ounce bottles. Avoid the red.

**The day before colonoscopy**

* Consume only clear liquids for breakfast lunch and dinner the day before colonoscopy.

**Clear liquid diet** includes coffee or tea without creamer, clear fruit juices, plain gelatin or Jell-O, water, chicken broth, clear soda or ice pops. Avoid red color.

* **4 PM** on the day before the colonoscopy.
* **Mix one half of the MiraLAX bottle** with 32 ounces of either Gatorade or Pedialyte. Keep refrigerated.
* Take the 4 Dulcolax/bisacodyl pills at 4 PM.
* **5 PM to 6 PM** on the day before colonoscopy, start drinking the Gatorade/MiraLAX solution. Try to drink an 8 ounce serving of the solution every 15 minutes.
* First glass at 5 PM, second glass at 5:15 PM, third glass at 5:30 PM and last glass at 5:45 PM.
* If you feel bloated you can slow the process.

**The day of the colonoscopy**

* Take all blood pressure and cardiac medications at their usual times.
* Mix the remaining 32 ounces of Gatorade with the second half of the MiraLAX bottle.
* 6 hours before your arrival time start drinking the MiraLAX solution. Drink 8 ounces of MiraLAX/Gatorade solution every 15 minutes.
* You must complete drinking the remaining solution within 3 hours of the procedure time.
* Do not drink or eat for 3 hours before your procedure. You can take blood pressure or cardiac medications with a sip of water at their usual times.

If you have been immunized against SARS COV 2 infection please bring your immunization record.

* You are scheduled for a colonoscopy on:

\_\_\_\_\_\_\_\_ day, \_\_\_ / \_\_\_ / \_\_\_ at \_\_\_\_\_ AM/PM

Report/ biopsy results will appear on the Lawrence Gastro patient portal 2 weeks after your procedure.

**If at any time before or after the procedure you develop severe abdominal pain, fever or bleeding, call the office as soon as possible.**