

# COLONOSCOPY INSTRUCTIONS



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## Preparing for Your Procedure

### Stop taking the following medications:

You will need to stop taking certain blood-thinning medications in the days before your colonoscopy. If you take a blood-thinning medication, please check with the doctor who prescribed your medication before stopping it.

#### 7 Days Prior To Your Procedure:

- Stop taking all anti-platelet medications: Plavix (clopidogrel), Pletal, Ticlid (ticlopidine), Aggrenox, Agrylin (anagrelide), or Effient.

#### 5 Days Prior To Your Procedure:

- Stop taking Coumadin (warfarin) and Jantoven.

#### 2 Days Prior To Your Procedure:

- Stop taking Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (apixaban), and iron supplements.

#### 12hours Prior To Your Procedure:

- Stop taking Lovenox

### Follow a special diet before the colonoscopy.

You will not be able to eat solid food the day before your exam. Drinks are limited to **clear liquids** (water, sports drinks, tea, broth, jello, popsicles, clear fruit juices without pulp, coffee without milk or creamer, or clear carbonated beverages). Avoid red and purple liquids, which can be confused with blood during the colonoscopy.

### Take a Laxative.

Before a colonoscopy, you'll need to clean out (empty) your colon. To accomplish this, you will need to follow the bowel preparation instruction on the other side of this page. The laxative in your bowel preparation will cause you to have diarrhea. You should plan on being near a bathroom while taking your prep. Any residue in your colon may obscure the view of your colon during the exam.

### Bring a medication list.

Tell your doctor about all the medications and supplements you're taking before your endoscopy. Be sure to bring a medication list with you. If you take heart, blood pressure, or seizure medication routinely, you may take the medication up to 2 hours before your procedure with a small amount of water. If you are diabetic, hold oral medications the morning of your procedure. If you take insulin, take only half of your normal dose depending on your morning glucose level.

### Plan ahead for your recovery.

You will receive anesthesia/sedation for this exam. You may feel mentally alert, but your memory, reaction times, and judgment may be impaired. You will not be allowed to drive or go back to work until the day after the procedure. You are not allowed to take a taxi, or bus, or leave the Center alone.

**IF YOU DO NOT HAVE A DRIVER HOME, YOUR PROCEDURE WILL BE CANCELLED.**

A nurse is available for questions Monday through Friday from 8am-4pm. Call 785-3500 press option 2.

#### Your Appointment is scheduled for:

Date: \_\_\_\_\_  
Check in Time: \_\_\_\_\_  
Procedure Time: \_\_\_\_\_

#### Location:

- Endoscopy Center of Colorado Springs, 2940 N. Circle Dr.
- Penrose Main Hospital GI Lab 2222 N. Nevada Ave.
- St. Francis Medical Center 6001 E. Woodmen Rd.

#### If you are scheduled at the hospital:

- Call 776-8010 one (1) week prior to your procedure to pre-register
- Check in at registration –they will direct you to the GI Lab.

#### Your procedure is scheduled with:

- Dr. Van Os
- Dr. Lunt
- Dr. Howden
- Dr. Garza
- Dr. Cesario
- Dr. Kavanaugh
- Dr. Baker

## **Miralax/Dulcolax: Bowel Preparation Instructions**

### **Shopping List (these products can be purchased without a prescription):**

- 4 (four) Dulcolax (bisacodyl) 5mg tablets.
- 1 (one) Bottle of Miralax powder (238 grams)
- 2 (two) 32oz. bottles of electrolyte replacement solution such as Gatorade, Pedialyte, Powerade or Propel. Diabetics should choose a sugar free variety.

The Miralax/Dulcolax bowel prep is taken as a split dose regimen. You will begin by taking the four Dulcolax tablets. You will then mix half of the Miralax into each of the 32oz bottles. You will take the first 32 ounce bottle of prep solution the evening before your colonoscopy and the second 32 ounce bottle of prep solution at least eight hours prior to your colonoscopy. Both 32 ounce bottles are required for a complete prep.

### **Bowel Prep Instructions:**

No solid food starting the day before your procedure.

You may have **clear liquids only** on the day before the procedure.

Between 12pm and 2pm on the day before your colonoscopy, take the 4 (four) Dulcolax tablets.

### **\_\_\_\_\_ : on the day before your colonoscopy**

Step 1: Add half of the Miralax powder to 1 (one) 32 ounce bottle of electrolyte solution and mix/stir.

Step 2: Drink **ALL** 32 ounces of the solution over the next hour by drinking one glass approximately every 15 minutes.

Step 3: After completing the solution, you should continue with clear liquids of your choice between prep doses.

### **\_\_\_\_\_ : eight hours prior to your colonoscopy**

Repeat steps 1 through 3. You must start your second dose at least (8) eight hours prior to your procedure time.

### **\_\_\_\_\_ : on the morning of your colonoscopy**

Nothing more to eat, drink, or chew. **IF YOU DO NOT STOP EATING AND DRINKING (6) SIX HOURS BEFORE YOUR PROCEDURE, YOUR PROCEDURE MAY BE CANCELLED.**

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### **Tips for your bowel preparation:**

Bowel prep is the most effective way to clean out the bowel. Completing the entire bowel prep offers the best chance that your bowel will be empty so the doctor can clearly view your colon.

Avoid high-fiber foods such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain breads, or nuts for several days prior to your colonoscopy.

Stay very close to a bathroom after taking the prep. Your bowel movements may be frequent, explosive and liquid (this is to be expected).

Drink as much fluid as possible during the day before your procedure. Try to drink at least 8 ounces of clear liquids every hour after waking up. Do not drink alcohol during your bowel preparation.

Some patients find it easier to drink the solution through a straw, slowly. You may also use water as a chaser while drinking your bowel prep (a couple sips of laxative and then a couple swallows of water).

Use soft toilet paper, hemorrhoid wipes and or Vaseline for skin irritation.

If you have chronic constipation (or take pain meds that cause constipation) we may need to use a two day bowel prep.

A nurse is available for questions Monday through Friday from 8am-4pm. Call 785-3500 press option 2.