

## COLONOSCOPY

NAME: \_\_\_\_\_

You are scheduled for **COLONOSCOPY** at the Moses Ludington Hospital on \_\_\_\_\_(date). Your procedure is scheduled for \_\_\_\_\_ but it will be necessary for you to arrive at \_\_\_\_\_ to allow for our staff to prepare you for the procedure.

**The scheduling staff at Moses Ludington Hospital will be calling to pre-register you prior to your procedure.**

On the day of the exam, please report directly to the Moses Ludington Hospital and park in the upper parking lot. Enter through the emergency room entrance and go straight to the registration desk. Whenever possible, please leave valuables including personal belongings at home. As well, please remove jewelry and leave at home.

**COLONOSCOPY** is an examination of the large intestine by means of a flexible tube with a bright light. This flexible tube is called a colonoscope and it relays images from inside your colon to a video screen viewed by the physician. After you have completed your preparation at home, you will come to the hospital, where the test will be explained, and you will be given an opportunity to ask questions. After you change into your gown and robe, the nurse will insert a small intravenous catheter into a vein in your arm and tape it in place to administer medication before and during the test, as needed. You will be lying on the cushioned table on your left side.

When you are comfortable, the doctor will examine your rectum, and then insert the lubricated tip of the tube. During this test, some people experience gas-like sensations or cramps. This relates to the insufflation of air necessary for a proper examination. You might also experience the feeling that you need to move your bowels. This is caused by the presence of the tube and the air. If needed, more medication will be given to keep you comfortable. The examination usually takes approximately twenty minutes.

The instrument is able to suction any leftover laxative solution and the air put into you, as needed for your comfort. It is possible to take biopsies and remove polyps through a channel in the tube and this procedure is painless.

When the procedure has been completed, you will be taken to a recovery room where you will rest for a period of time. Then, the intravenous catheter will be removed from your arm and you may use the bathroom and get dressed. The doctor will then explain the results to you and your family. **Patients can expect to be at the Moses Ludington Hospital for 2-1/2 to 3 hours from the time of admission for the procedure to the time of discharge.**

**If you must cancel or reschedule the examination, please call 793-5034 at the earliest possible time. There are often significant delays in rescheduling and if there are any questions re: the need to cancel**

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due to sickness or other health issues, it is essential that you contact our office or our physician on call (after hours or on weekends).

### PLEASE NOTE:

1. **Please follow instructions “MiraLax/Gatorade Preparation for Colonoscopy” on the next “attached” page. This includes instructions regarding oral intake on the day prior and day of procedure.**
2. **Our office will provide you with specific instructions if you are taking any of the following medications:**
  - **Insulin**
  - **Anticoagulant medications (blood thinners) such as warfarin (Coumadin, Jantoven)**
  - **Antiplatelet medications such as Plavix (clopidogrel), Ticlid (ticlodipine)**
3. **If you are a diabetic and taking oral diabetic agents, please do not take these medications the day before and the day of your procedure.**
4. **If you are taking steroid medications (e.g. prednisone, Decadron, Medrol), please discuss this with our office prior to your procedure.**
5. **Do not take iron supplements or a multivitamin that contains iron for seven (7) days prior to your colonoscopy.**
6. **All other medications may be continued, including aspirin and nonsteroidal anti- inflammatory drugs (NSAIDs e.g. Celebrex, Bextra, Voltaren, Naprosyn, Motrin, Advil, Aleve). If you have any questions regarding your medications, please contact our office.**
7. **Since you may be given intravenous sedation for this examination, you must have a responsible adult drive you home and accompany you into your residence. As well, you must have a responsible adult stay with you for the next 24 hours. You should plan on limiting your activity and resting at home for the remainder of the day. You must not drive a motor vehicle or operate machinery for the next 24 hours. If there is a problem with these arrangements, please inform our office to allow for rescheduling of your procedure. Sedation for your procedure cannot be administered unless these arrangements are completed.**
8. **If your insurance plan requires a referral from your primary care physician, please confirm that our office has received a referral to cover this procedure. If your insurance plan requires pre-authorization for this procedure, please confirm that our office has obtained the pre-authorization.**

## MIRALAX/GATORADE PREPARATION FOR COLONOSCOPY #1 (For patients scheduled for morning procedure)

You are scheduled for COLONOSCOPY at Moses Ludington Hospital. You will need to purchase the following laxatives **over the counter** at your local pharmacy:

1. **One** 10 oz. bottle of Magnesium Citrate (if only cherry flavored is available, this is allowed despite the red color). If preferred, **four** tablespoons of Milk of Magnesia or **four** Dulcolax (bisacodyl tablets) may be substituted for the Magnesium Citrate.
2. **Two** 119 gram containers of MiraLax (powder).

You will also need to purchase **two** 32 oz. bottles of Gatorade (avoid red or maroon or purple colored Gatorade). If preferred, G2 or Powerade may be substituted. **To ensure that your bowel is cleansed adequately, please follow the instructions below for the MiraLax/Gatorade colonoscopy prep. DO NOT follow the instructions printed on the MiraLax container.**

### The Day Before Examination

1. Drink only clear, sweetened liquids for breakfast, lunch, and dinner. No solid food, no milk or milk products allowed.
2. At 5:00 p.m. drink **one** bottle of Magnesium Citrate or take **four** tablespoons of Milk of Magnesia or **four** Dulcolax tablets.
3. At 6:00 p.m. mix **one** 119 gram bottle of MiraLax in 32 oz. of Gatorade, G2 or Powerade. Shake the solution until the MiraLax is dissolved.
4. Drink 1 (one) 8 oz. glass of the MiraLax/Gatorade solution every 15 minutes until the solution is gone. (Four 8 oz. glasses in approximately 1 hour).
5. Continue drinking clear fluids until bedtime.

### The Day of Examination

1. Three (3) hours prior to leaving for your appointment, mix **one** 119 gram bottle of MiraLax in 32 oz. of Gatorade, G2 or Powerade.
2. Drink 1 (one) 8 oz. glass of the MiraLax/Gatorade solution every 15 minutes until the solution is gone. (Four 8 oz. glasses in 1 hour).
3. Clear liquids and oral medications may be ingested until 2 hours prior to your scheduled procedure time. No solid food, no milk or milk products allowed.
4. Appear for examination as scheduled.

**Note: Plan to have a bathroom or commode very accessible.**

**If you have any questions as you proceed with the laxative preparation for your colonoscopy, please call our office to speak with the physician on call.**

## CLEAR LIQUID DIET

### Only These Liquids Are Allowed:

Soups:	Bouillon, broth (including chicken, turkey, & beef), consommé.
Beverages:	Tea, coffee, decaffeinated coffee, Kool-Aid, carbonated beverages, including sodas (dark colored colas & root beer are allowed), flavored seltzers, Gatorade, Crystal Light.
Juices:	Apple, white grape, grapefruit, lemonade, limeade, and orange juice (juices should have no pulp).
Desserts:	Jell-O, water ices, sorbet, iced popsicles.
Miscellaneous:	Sugar, salt, hard candy.

**Note: Please avoid red, maroon or purple colored liquids, as these can be mistaken for blood during the course of your bowel prep. Please do not add milk or cream to any beverages, including coffee or tea.**

Recipe for High caloric Lemonade (240 calories per 8 ounce cup):

Lemon juice – 2 ounces or ¼ cup

Corn Syrup – 10 to 12 ounces or approximately 1 to 1-1/2 cups

Water to make 1 quart