

GENEVA GENERAL SURGICAL ASSOCIATES

COLONOSCOPY BOWEL PREP INSTRUCTIONS FOR DR. CRAIG COLLINS' PATIENTS

It is imperative that you thoroughly read and understand the attached instructions for bowel preparation at least two weeks prior to your scheduled appointment. There are many medical conditions that require special attention or restrictions, such as clotting abnormalities, implanted defibrillators, artificial heart valves or mitral valve prolapse with regurgitation. It is your responsibility to review these instructions and inform us if your medical condition falls into one of these categories.

Colonoscopies are a safe and effective means of visually examining the full lining of the colon and rectum using a long flexible, fiber optic instrument. The colonoscopy is used to diagnose colon and rectal problems, perform biopsies, and remove colon polyps. Colonoscopy allows the doctor to diagnose a disease that may not appear on an X-ray study or other techniques.

It is very important that the bowel be cleansed of all residues before a colonoscopy. Please follow the attached instructions carefully and do not eat any solid foods after the time indicated on your instruction sheet. It is important to drink an increased amount of fluids on the day of your preparation and the day of your procedure. This will keep your body from becoming dehydrated and you will feel much better because of it. Please let us know if you have any medical conditions such as diabetes, heart or kidney disease.

Upon your arrival, you will first be interviewed by the nurse who will take a brief medical history. Please bring a list of medications that you take or drug allergies that you have. You will then be asked to change into a hospital gown. An IV will be started so you can be given sedation during the exam to keep you relaxed and comfortable. The doctor will insert the colonoscope and advance it through the entire colon. You may feel some cramping as the scope passes around certain turns in the colon, but this does not last long and is relieved as soon as the scope is repositioned.

After the procedure you will be asked to rest in the recovery area for up to 20-30 minutes. You will be given some juice or soda at this time if you wish. You will be allowed to resume your regular diet immediately. The doctor will explain to you and/or your family member what was found during the procedure and what recommendation he has for you. Because you will be given sedation for the procedure you will not be able to drive home. **You must arrange reliable transportation home for when you have recovered from the procedure. Taxis/Ubers/Lyfts are not allowed.**

As with any surgical procedure there are some risks involved. Perforation of the colon is a possible but an extremely rare occurrence. Some bleeding after the procedure is common, especially if polyps were removed or biopsies taken. Heavy bleeding is possible but also rare. The doctor will explain to you what to expect following your colonoscopy.

One Week Prior to Your Procedure:

1. Discontinue taking iron pills or medications that can cause bleeding (Aleve, Naprosyn, Motrin, Ibuprofen, Sulindac, or any other NSAID). Use Tylenol for pain if needed.
2. Discontinue Plavix/Aggrenox. Check with your cardiologist or prescribing physician prior to stopping
3. If you are on aspirin because of a history of stroke or heart disease then continue aspirin, otherwise stop it.
4. Discontinue all over the counter herbal products/Vitamin E/Iron.
5. Discontinue all fiber: Roughage, Vegetables, fruit, nuts and seeds.

Five days prior to your procedure stop Coumadin. Check with your cardiologist or prescribing physician prior to stopping

THE DAY BEFORE YOUR PROCEDURE

You may eat breakfast and a light lunch. Lunch must be finished by 12:00PM. If you have had a prior poor prep, do not eat lunch. After lunch, drink only clear liquids; you may not have any solid or soft food. Milk or other dairy products are also not allowed. It is important to drink a lot of clear liquids throughout the entire day. This will keep you hydrated and make your prep better. Clear liquids are those you can "see through." Please do not drink any alcohol the day before your procedure. **Do not drink or eat anything RED or BLUE.**

Clear liquid examples include: Water, Strained fruit juice without the pulp (apple, white grape), Tea without milk or cream, clear broth or bouillon, Ginger ale, Lemon-lime soda, Lemonade, Sports drink (e.g., Gatorade), Kool-Aid or other fruit flavored drinks, Plain Jell-O without added fruit or toppings, Popsicles, tea/coffee without milk or cream

BOWEL PREPARATION WITH MIRALAX/GATORADE

For this preparation, you will need to buy:

- One (1) 238-gram bottle of MiraLAX
- Four (4) Dulcolax tablets
- Two (2) 28 oz bottles of Gatorade. Consider sugar free Gatorade as the solution will be less thick. Diabetics should use diet Gatorade. If you don't like Gatorade you may use Propel, Crystal light, or another non-carbonated sports drink. It is important you choose something that has electrolytes to avoid dehydration. **no red or blue colors**
- IF YOU HAVE HAD A PRIOR POOR PREP: buy another small bottle of MiraLAX and 12-16 oz bottle of Gatorade as you will be taking 3 additional doses. Please contact the office if you are unsure.

The following is the schedule for using MiraLAX/Gatorade:

Step 1: Split the bottle of MiraLAX evenly between the (2) 28oz bottles of Gatorade. It will be 7 doses in each 28 oz bottle. Shake the solution until the MiraLAX is dissolved. Refrigerate the MiraLAX/Gatorade solution to make it easier to drink later.

Step 2: If you have had a poor prep on any past colonoscopies, mix 3 servings of MiraLAX in 12 ounces of Gatorade and drink at 3:00 PM. If you have never had a poor prep on any past colonoscopies please proceed to the next step.

Step 3: Beginning at 5:00 PM. Take all four (4) Dulcolax tablets with 8 oz of water.

If your arrival time is at or before 9:00 am:

Step 4: Beginning at 7:00 PM. Drink 8 oz of the solution, in both bottles, every 15 minutes until finished. This should not take more than 2-3 hours. Once finished drink an additional 16 ounces of clear liquid. **DO NOT drink anything 2 HOURS prior to arrival**

If your arrival time is AFTER 9:00 AM

Step 4: Beginning at 7:00 PM: Drink 8 oz of the solution every 15 minutes until the first bottle is finished. This should not take more than one hour. Drink an additional 16 ounces of clear liquid.

Step 5: On the morning of the colonoscopy, drink the other 28 oz of the MiraLAX Gatorade solution and an additional 16 ounces of clear liquids. Please start this approximately 5 hours prior to your arrival time. Please finish 4 hours before you are asked to come in for the procedure. **DO NOT drink anything 2 HOURS prior to arrival**

Stay close to toilet facilities while you are drinking the MiraLAX-Gatorade solution. You can expect to have frequent loose bowel movements which will become progressively waterier until your stools look like water with a yellow tinge.

Please contact the office through your patient portal or by calling 315-787-5383 with questions.