

Preparing for Your Colonoscopy

Date: _____

Appointment Time: _____ Check-In Time: _____

Location: _____

What to Expect on the Day of Your Colonoscopy:

After careful medical assessment, your doctor has recommended you have a colonoscopy. During the colonoscopy, a flexible tube (colonoscope) is passed through the rectum and lower intestinal tract. The doctor will carefully examine the lining of the rectum and the large intestine (colon) to identify any abnormalities. You will be asked to sign a consent form prior to the exam authorizing the doctor to perform the procedure. A needle for intravenous (IV) medicines will be placed in your arm vein before the procedure. Medicines will be injected through the IV before and during the procedure that will make you sleepy and relaxed. Your heart rate, blood pressure and oxygen status will be monitored throughout the exam. During the procedure you may feel some abdominal fullness or bloating due to air the doctor puts into the colon. Should any abnormalities be detected, biopsy specimens (tiny pieces of tissue) may be taken for microscopic examination. You should not feel any sensation or discomfort when a biopsy is performed. Most patients do not recall the procedure because of the effect of the medicine.

After the procedure, you will probably feel drowsy and may sleep for a short time. The doctor will then discuss the findings with you, your driver (if this acceptable to you), and your nurse, who will give you written instructions to follow when you go home.

What You Will Need on the Day of Your Colonoscopy:

- New Patient Information Forms (if applicable) with your Information Folder
- Insurance Cards
- A family member or friend who can stay with you and drive you to and from your procedure
- Completion of the Colonoscopy Preparation Instructions on reverse side of this page
- Complete list of your Drug Allergies and Medications with dosages

Do not take any aspirin or blood thinners (i.e. Coumadin, Warafin, Plavix) for 5 days before your procedure.

Do not take ibuprofen (Motrin, Advil), naproxen (Aleve), ketoprofen (Toradol), diclofenac (Voltaren, Cataflam), etodolac (Lodine), or meloxicam (Mobic) for 3 days before your procedure. You may use Tylenol if needed.

Stop all fiber and iron supplements 3 days prior to your procedure.

PREPARATION INSTRUCTIONS ON REVERSE SIDE

Colonoscopy Prep

Prep Supplies: Please purchase the following items to prep for your colonoscopy. These products are all over-the-counter at the pharmacy.

- One 8.3oz/238gm bottle of Miralax powder.
- One box of Dulcolax (bisacodyl) 4 tablets, not the suppositories.
- 64oz of Gatorade, Propel, or Pedialyte (avoid red or purple flavors). If you are diabetic, you may use 64oz of Crystal Light instead.
- If you have chronic constipation, purchase one bottle of Magnesium Citrate also.
- You may wish to have some baby wipes, Desitin cream or Vaseline on hand for a sore bottom.

Please follow these instructions carefully:

One day prior to the procedure: Begin a clear liquid diet the morning before your procedure. This can include any juice that you can see through (no pulp), Jello, clear broth or bouillon (no meat or intact vegetables), tea, carbonated beverages, sport drinks, popsicles, ices/sorbet, black coffee, Ensure or Glucerna (any flavor), and hard candy. Avoid alcoholic beverages. Again avoid dark colors like red and purple. **THE MORE LIQUIDS YOU DRINK, THE BETTER YOUR PREP WILL BE.** You may continue liquids up until six hours prior to your scheduled appointment.

At 4 PM the day prior to the procedure: Take 2 Dulcolax (bisacodyl) tablets by mouth. Mix the bottle of Miralax powder into the 64oz of Gatorade/Propel/Pedialyte/Crystal Light. You may use a pitcher if you prefer. Mix or stir until the powder is completely dissolved. The solution is more palatable if chilled.

At 5 PM-after taking Dulcolax (bisacodyl): If you have chronic constipation, drink the entire bottle of magnesium citrate now. Then begin drinking the Miralax solution, taking one 8oz glass every 10-15 minutes until all 64oz are consumed. (If not drinking the magnesium citrate, begin drinking the Miralax solution as stated above.) It may help to drink through a straw and suck on hard candy during this time. If you develop significant nausea and vomiting, take a 30 minute break.

One hour after drinking Miralax solution: Take the two remaining Dulcolax (bisacodyl) tablets. You may continue a clear liquid diet until 6 hours prior to your procedure, then nothing by mouth.

Please remember that this preparation is administered to cleanse your bowel prior to your colonoscopy. It is highly recommended you are at home for this process. Please plan your day accordingly.

It is requested that you hold all medications the morning of your procedure. You may take your scheduled medications after the procedure or after returning home.

If you have a question or need to reschedule please call the office of JOHN B. STURGEON, M.D., at 913-671-7803 between 9:00 A.M. and 4:00 P.M. Monday - Friday.

Propofol Sedation

You have been scheduled for a procedure that requires sedation with intravenous (IV) medication. The medication you will be given is called propofol, also known as Diprivan or Propoven. Please let your doctor know if you are allergic to propofol or allergic to eggs, soy products, or sulfites. Your doctor should also be aware of any seizure disorder/epilepsy, high triglycerides (fats in the blood), liver disease, or kidney disease before you receive propofol. Other medications for sedation may be used if indicated.

Propofol promotes relaxation and sleep during the procedure. Your heart rate, blood pressure and oxygen level will be carefully monitored before, during and after the procedure.

Although the effects of the medications are short-lived, traces of the medication can stay in a person's system for several hours after the procedure is completed. Therefore you **MUST** have someone stay with you to speak with your physician after the procedure and drive you home. **Cab rides are not an acceptable form of transportation.**

You will be restricted in what you do for the day of the procedure.

- ◆ **NO** driving
- ◆ **NO** drinking of alcoholic beverages
- ◆ **DO NOT** smoke unattended
- ◆ **DO NOT** return to work or resume any work around the home or yard

Observing these restrictions following your procedure will greatly contribute to your safety. The above activities may be resumed the day after your procedure.

Call the office of
John B. Sturgeon, M.D.
913-671-7803
if you have any questions.