

## Patient Instructions for COLONOSCOPY with or without UPPER GI ENDOSCOPY

During colonoscopy and upper GI endoscopy the colon and upper digestive tract respectively are examined with a long, flexible, lighted tube or scope. These procedures allow biopsies and the removal or destruction of polyps, growths or other lesions. Strictures (narrowing) of the upper digestive tract and colon may be dilated (stretched) as well. Colonoscopy and upper GI endoscopy are safe, routine procedures. Complications including, but not limited to bleeding, perforation, and reactions to sedation or anesthesia are very uncommon. In the unlikely event of a complication hospitalization or surgery may be required. Colonoscopy and upper GI endoscopy are the most accurate and effective procedures to examine the colon and upper digestive tract. Furthermore, colonoscopy is the best test available to screen for and prevent colon cancer. Despite this, there is a very small risk of missing an abnormality with both procedures. We minimize risks by focusing on patient safety and comfort and by using careful thorough technique. If your gastroenterologist recommends that you have a colonoscopy or upper GI endoscopy and you chose not to follow that recommendation you may delay the diagnosis of serious, potentially curable conditions including cancer. If you have any questions about the test, please contact your doctor.

### INSTRUCTIONS AND IMPORTANT INFORMATION ABOUT YOUR PROCEDURE – PLEASE READ CAREFULLY

**1. BOWEL PREPARATION:** Please follow carefully the instructions for bowel preparation on the back side of this instruction page.

**2. MEDICATION CONCERNS:** If you take medications that affect blood clotting, make sure you understand whether to stop or continue the medication(s) prior to your procedure. These medication include: Coumadin (warfarin), Predaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxaban), Aggrenox, Plavix (clopidogrel), Ticlid (ticlodipine), Persantine (dipyridamol), Aspirin, Advil and Motrin (ibuprofen), Aleve (naproxen) and other anti-inflammatories.

☐ Take medications as usual.

OR

☐ Special Medication Instructions: \_\_\_\_\_

You may take Tylenol (acetaminophen) and Celebrex (celecoxib)

Unless instructed otherwise, take your regular medications as prescribed through the day of your procedure. Some medications (including OTC and vitamins) may cause an upset stomach if taken without food. You may not want to take these until after your procedure.

### 3. REGISTRATION & EXAMINATION TIMES:

**ENDOSCOPY CENTER OF MARIN:** requires approximately 30 minutes to complete registration paperwork and to prepare you for your procedure. The procedure and recovery period take another 60 minutes on average. You will be at the center for about **1 1/2 hours** from your arrival time. Please visit [www.ecmarin.com](http://www.ecmarin.com) for additional information.

**SURGERY CENTER OF MARIN in Marin General Hospital:** requires approximately 60 minutes to complete registration paperwork and to prepare you for your procedure. The procedure and recovery period take another 60 minutes on average. This means that you will be at the Marin General for about 2 hours from your arrival time. Please visit [www.MarinGeneral.org](http://www.MarinGeneral.org) for additional information.

**4. TRANSPORTATION:** During the procedure you will receive sedative medications or an anesthetic. **It is neither safe nor legal for you to drive a car for the rest of the day.** Please arrange for transportation home. Your driver may wait for the exam to be completed or may leave and return to pick you up when you are ready to depart. For your safety, a responsible person must accompany you home. (We do not recommend taking a cab or taxi alone.)

**5. AFTER THE PROCEDURE:** When the sedatives or anesthetic wear off, you may drink clear liquids (water, apple juice, clear soups, etc.). Approximately 2 hours after the examination, you may have a light meal, but do not overeat. The sedative medications often slow down the digestive system, and a large meal can cause nausea or vomiting. You should be able to return to normal activities the next morning.

**Contact our office immediately if you experience any of the following within 48 hours of the procedure:**

- a) Severe abdominal pain
- b) Vomiting, fever, or chills
- c) Passage of black stools or more than a small amount of red blood in the stool
- d) Severe pain in your throat or neck swelling

**Other potential side effects:**

- a) Irritation of the vein at the IV site can occur after the procedure. If this happens apply moist heat to the site. If pain does not resolve within 2 days, call our office for advice.
- b) If an upper GI endoscopy is performed, you may experience a mild sore throat. If this occurs, gargle with warm salt water and/or use throat lozenges.

**6. RESULTS:** If biopsies are taken during your procedure, the pathology results will be available within 7 days. If you are not notified with your pathology results within one week, please call our office.

**Please note: Marin Gastroenterology reserves the right to charge a fee if you cancel or reschedule within 5 working days or fail to keep your procedure appointment. No fee will be charged if the cancellation is for a medical reason.**

## Colonoscopy Preparation using MIRALAX®, GATORADE, and DULCOLAX® (bisacodyl)

Follow the steps below to make sure that your colon is completely clean before your colonoscopy. **Call our office if you have questions.**

- At the pharmacy, purchase two DULCOLAX® (bisacodyl) 5 mg tablets, Miralax (8.3oz, 238 grams), and 64 ounces of Gatorade (Avoid Red and Purple colored Gatorade). **DIABETICS SHOULD PURCHASE G2 (A LOW CALORIE GATORADE).** No prescription is necessary for DULCOLAX® (bisacodyl) or Miralax.
- For the three days before your Colonoscopy, **PLEASE AVOID FRUITS AND VEGETABLES OF ANY KIND AND ANY FOODS CONTAINING SEEDS.**
- The day before your colonoscopy, solid foods, milk or milk products are not allowed. Drink only "clear liquids" for breakfast, lunch and dinner. **PLEASE AVOID ANY RED OR PURPLE COLORED LIQUIDS.**

### **"CLEAR LIQUIDS" INCLUDE:**

- strained fruit juices without pulp (apple, white grape, lemonade)
- water, tea, coffee (without milk or non-dairy creamer)
- clear broth or chicken, beef or vegetable bouillon
- Kool-Aid®, Gatorade®, soda (e.g. Pepsi®, Coke®, 7-UP®) carbonated and non-carbonated soft drinks
- Ensure Clear® - a particularly good source of calories and protein which will decrease hunger.
- Plain Jell-O® (without added fruits or toppings), Ice Popsicles®
- Boost Breeze® or Enlive!®

- **Alcohol is not recommended since it may cause dehydration.**

### **The morning of the day before your procedure:**

On the morning of the day before your colonoscopy mix the bottle of Miralax (238 grams) with the 64 ounces of Gatorade in a pitcher or bowl. (Place in refrigerator for best taste). At Noon on the day before your procedure, take a total of 10 mg of bisacodyl. (This will probably induce some bowel movements in the early afternoon.)

### **FOLLOW THE REMAINDER OF THE INSTRUCTIONS DEPENDING ON THE ARRIVAL TIME OF YOUR COLONOSCOPY**

#### **If the arrival time for your procedure is at or before 10 am:**

On the evening prior to your procedure, starting between 6:00pm and 7:00pm, drink the Miralax-in-Gatorade solution. Consume 8 ounces every 10 to 15 minutes until you have finished the entire solution. (If you become nauseated, try consuming 8 ounces every 20 minutes or take a break for 30 minutes and then resume.) **YOU MUST DRINK THE ENTIRE MIRALAX-IN-GATORADE SOLUTION, AND YOU MUST DO SO OVER NO MORE THAN 3 HOURS.**

#### **If the arrival time for your procedure is after 10 am:**

On the evening prior to your colonoscopy, starting between 6:00pm-7:00pm, drink half of the Miralax-in-Gatorade solution (32 ounces). Consume 8 ounces every 10 to 15 minutes until you have finished all 32 ounces. (Half of the entire prep) If you become nauseated, try consuming 8 ounces every 20 minutes or take a break for 30 minutes and then resume. On the morning of your colonoscopy, at least five hours prior to your arrival time, drink the remaining half of the Miralax-in-Gatorade solution (32 ounces). Please follow the same regimen of consumption as the evening before. **YOU MUST DRINK THE ENTIRE MIRALAX-IN-GATORADE SOLUTION, AND YOU MUST DO SO OVER NO MORE THAN 2 HOURS.**

MIRALAX® and DULCOLAX® (bisacodyl) are powerful colon cleansers. Stay near a bathroom after taking.

**You may have clear liquids from the list above in any amount up to 3 hours before you arrive for your colonoscopy.**

**IMPORTANT: Do not take *anything* by mouth for three hours before your arrival time.**