

## COLONOSCOPY PREP

### WEEK BEFORE PROCEDURE

#### PURCHASE:

- 1 Bottle of MiraLAX Powder (238 grams)
- Four (4 tablets) of Dulcolax or Bisacodyl Laxative Tablets (5mg each)
- Two (2) Bottles of 32oz Gatorade (or similar electrolyte drink)

#### 3- 5 DAYS BEFORE PROCEDURE

- Stop taking all blood thinners, ibuprofen, Tylenol or Motrin

#### TRANSPORTATION ARRANGEMENTS

- Be sure to arrange for a responsible adult to drive you home after your procedure. You will not be allowed to leave the facility without someone to take you home.

### DAY BEFORE PROCEDURE

#### DIET:

You are on a **clear liquid diet** the day before your procedure, such as:

- Broth, bouillion
- Jell-o or gelatin product
- Popsicles or flavored ices
- Clear fruit juices: apple, white grape, white cranberry, lemonade
- Clear sodas: Sprite, ginger ale, seltzer, 7-UP
- Water, tea, black coffee, Gatorade, electrolyte drinks

#### PLEASE AVOID

- AVOID liquids that are red or purple
- AVOID milk or cream
- AVOID alcoholic beverages
- AVOID products with particles of dried food or seasoning

#### PREP INSTRUCTIONS:

- Remember that you are only allowed a clear liquid diet the day you are prepping (a.k.a the day prior to your procedure).
- At 12:00pm (noon), mix half of MiraLAX powder with one 32oz bottle of Gatorade (or similar), mix until powder is dissolved. Do this twice so that all of the MiraLAX powder has been mixed and there are two bottles of Gatorade (or similar) prepared. Refrigerate.
- At 1:00pm, take two (2) tablets of ducolax/bisacodyl.

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#### HENDERSONVILLE

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## COLONOSCOPY PREP

### DAY BEFORE PROCEDURE (continued)

- At 2:00pm, drink one of the bottles of prepared MiraLAX and Gatorade (or similar). Try to complete the whole bottle within 30 minutes.
- At 3:00pm, take two (2) additional tablets of ducolax/bisacodyl.
- At 6:30pm, drink additional bottle of prepared MiraLAX and Gatorade (or similar). Try to complete the whole bottle within 30 minutes.
- At 11:00pm (or your bedtime), drink two glasses of water to maintain good hydration.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**

### DAY OF PROCEDURE

- **DO NOT EAT OR DRINK ANYTHING THE MORNING OF YOUR PROCEDURE. DO NOT DRINK COFFEE, CHEW GUM, USE ORAL TOBACCO PRODUCTS, OR EAT SOLID FOOD.**
- Do not take any medications in the morning unless cleared by the doctor.
- Bring all your medications with you in the original bottles, including inhalers.
- Arrange for a responsible adult to drive you home after your procedure. You will not be allowed to leave the facility without someone to take you home.

You will still be passing stools on the morning of the procedure. These should be liquid and mostly clear, so that you can see the bottom of the toilet through them. If you do not feel that you have adequately "cleaned out", proceed on to the hospital. Alert your nurse and they will administer an enema in an attempt to complete the prep.

### FINAL REMINDERS!!

- Please do not eat anything after midnight the night before your procedure or the morning of your procedure! Do not use coffee, chew gum, use oral tobacco products, or eat solid food.
- Arrange for a responsible adult to drive you home after your procedure. You will not be allowed to leave the facility without someone to take you home.

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## ENDOSCOPY DISCHARGE INSTRUCTIONS

- Resume your regular diet as tolerated.
- It is not abnormal to experience mild cramping, sore throat, diarrhea, and/or abdominal discomfort for a few days following your procedure. These symptoms will resolve within a few days.
- Stay well hydrated.

**Keep your in-office follow-up appointment as scheduled. If you do not have one scheduled or are unsure of the date it is scheduled, give our office a call.**

**We cannot give results over the phone, therefore, it is important you attend your follow-up appointment.**

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## GENERAL PRE-OPERATIVE INSTRUCTIONS

To help ensure you are well prepared for your upcoming procedure, we have provided the following information. As always, please contact us at **615.612.0760** with any questions or concerns.

**This is a list of our basic pre-operative instructions. Your specific needs and instructions will be discussed with you individually upon scheduling your procedure.**

- You should have nothing to eat or drink after midnight the night before your surgery.
  - Medicines that are necessary on the morning of your surgery and approved by anesthesia, may be taken with a very small sip of water.
  - Diabetics who normally take insulin every morning should only take 1/2 of their usual dose the morning of surgery.
  - Do NOT wear any jewelry, piercings, make-up, or polish on your finger and toenails. Also refrain from deodorant, lotion, and fragrance.
  - Take a shower the night before as well as the morning of your surgery using Antibacterial Dial or PhisoHex (available at your local pharmacy).
  - Wear comfortable, non-constrictive clothing. In case of breast procedures, you may want to choose a top that buttons or zips in the front.
  - Do NOT take any of the following over-the-counter medicines for at least 5 days prior to your surgery: Aspirin, Motrin, Advil, Aleve, Goody's or BC Powder.
  - Also refrain from any diet medication for weight control 14 days prior to surgery, such as: Meridia, Phentermine, Metabolife, Xanadrine and related products.
- If you take these or ANY anti-coagulant or anti-platelet drug (Xarelto, Eliquis, etc.) please make sure you have discussed your upcoming surgery with the prescribing doctor AND THEY HAVE CONFIRMED IT IS SAFE FOR YOU TO HOLD THE MEDICATION before your surgery.**
- Have a trusted adult drive you home after your surgery.
  - Keep a pillow in your car for the ride home and also take a gallon freezer Ziploc bag in case you experience nausea on your way home.

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## SURGERY DISCHARGE INSTRUCTIONS

### ACTIVITY:

- No lifting greater than 15 pounds until told otherwise by your surgeon.
- Make sure you are walking for a few minutes several times each day.
- You may go up and down stairs as tolerated.

### BATHING:

- You may shower 24 hours after surgery, pat incision(s) dry (unless told otherwise by your surgeon). Do not take a bath or submerge incision in water.

### DIET:

- Unless told otherwise by your surgeon, you may resume your normal diet once discharged.
- Drink at least 8 glasses of liquid (preferably water) daily.
- Avoid drinking alcohol until your doctor says it is acceptable.

### MEDICATION:

- A prescription to help manage your pain the first 3 days after surgery will be sent to the pharmacy you listed with our office. Take it as directed on the bottle as needed; do **NOT** take more than directed. ***This is a one-time prescription and will not be refilled.***
- Pain medication can cause constipation. Use stool softeners as prescribed.
- Over-the-counter Tylenol (acetaminophen) can be used as a **substitute** for the prescribed pain medication (your pain medication has acetaminophen in it, do not take both). Ibuprofen can also be used for some patients, however, check with your surgeon to make sure it's okay for you.
- You will experience pain and discomfort in the days following your surgery. This is normal. Your pain should gradually improve each day.

### WHEN TO CALL YOUR DOCTOR:

- Temperature over 101
- Increased redness or swelling around incision
- Increased drainage or change in color or smell of drainage
- Nausea/vomiting lasting longer than 12 hours
- Diarrhea lasting longer than 2 days
- No bowel movements for 4 days

Your surgeon will see you back in our office for your scheduled post-operative appointment (typically 7-14 days after surgery). If you are unsure of when your post-operative appointment is, give the office a call.