

COLONOSCOPY

A colonoscopy is an exam used to detect abnormalities or polyps in the rectum and the large intestine. During the colonoscopy, a flexible tube (colonoscopy) is inserted into the rectum. A tiny video camera at the tip of the tube allows the physician to view the inside of the entire colon. This procedure typically includes taking pictures and possibly taking biopsies or removing polyps from inside the colon. A colonoscopy is one of several options to detect abnormalities inside the colon but it is the gold standard.

Please follow the instructions carefully. It is best to have your colon completely empty prior to the procedure. If there is stool inside your colon, it can make it difficult to see abnormalities and/or polyps.

1 WEEK PRIOR

Please arrange for someone to take you to the hospital and then to drive you home after the procedure.

Please review your medications. If you are taking any blood thinners such as:

- apixaban (Eliquis®)
- cilostazol (Pletal®)
- clopidogrel (Plavix®)
- dalteparin (Fragmin®)
- enoxaparin (Lovenox®)
- fondaparinux (Arixtra®)
- heparin
- rivaroxaban (Xarelto®)
- tinzaparin (Innohep®)
- warfarin (Coumadin®)

If you are taking of these medications, you will be asked to stop taking these medications.

If you are on insulin or other diabetic medications, please contact the office and the dosing for these medications may be adjusted.

Please complete an online health history for San Marcos Surgical Center. Please go to the website: www.onemedicalpassport.com. If you have any questions regarding this, please call the surgical center at (512) 754-7999.

If you see a cardiologist, we will want the last clinic note from your cardiologist.

SUPPLIES

You will need to buy the following supplies for your bowel preparation:

- 4 (5 mg) tablets of bisacodyl (Dulcolax[®]). These are usually sold as a box of 10 tablets.
- 1 (238 gram) bottle of polyethylene glycol (MiraLAX[®]).
- 64 ounces of any clear liquid that isn't red, purple, or orange. You will need to mix this with the MiraLAX. Keep it at room temperature.
 - A sports drink like Gatorade[®] or Powerade[®] is a good choice. Sports drinks will help replace electrolytes that you will lose during the bowel preparation.
 - If you have diabetes, be sure to get sugar-free clear liquids.

During the procedure you will receive IV sedation. On the day of the procedure it is recommended that you do not drive, operate any machinery or make any major financial decisions.

5 DAYS PRIOR TO THE PROCEDURE

Please stop taking any iron supplements.

3 DAYS PRIOR TO THE PROCEDURE

Avoid certain foods

You should follow a low-fiber diet starting 3 days before your colonoscopy. During this time, do not eat:

- Raw (fresh) fruits and vegetables

- Whole kernel corn, including canned corn
- Whole grains (such as oatmeal, brown rice, quinoa, or wheat bread)
- Seeds (such as poppy or sesame)
- Nuts

Talk with your endoscopy nurse

A few days before your procedure, you'll get a call from an endoscopy nurse. They will review the instructions in this guide with you and ask you questions about your medical history. The nurse will also review your medications and tell you which to take the morning of your procedure.

THE DAY BEFORE YOUR PROCEDURE

Prepare your MiraLAX bowel preparation

On the morning of the day before your procedure, mix all 238 grams of the MiraLAX powder with 64 ounces of a room temperature clear liquid until the MiraLAX powder dissolves.

Once the MiraLAX is dissolved, you can put the mixture in the refrigerator. Many people find it tastes better when it's chilled.

Don't mix the MiraLAX earlier than the morning of the day before your procedure.

Follow a clear liquid diet

You will need to follow a clear liquid diet the day before your procedure. Examples of clear liquids are: Sprite, apple juice, clear Gatorade, etc

- Don't eat any solid foods.
- Don't drink anything red, purple, or orange.
- Make sure to drink plenty of liquids other than just water, coffee, and tea. This helps to make sure that you get enough calories and is an important part of your colonoscopy preparation. Try to drink at least 1 (8-ounce) glass of liquid every hour while you're awake.
- If you have diabetes, you should drink only sugar-free clear liquids and check your blood sugar level often. If you have any questions, talk with your healthcare provider.

Start your bowel preparation

Step 1: At 2:00 PM on the day before your procedure, take 2 bisacodyl (5mg) tablets by mouth with a glass of water.

Step 2: At 2:15 PM, start drinking the MiraLAX mixture.

1. At **2:15 PM**, drink 1 (8-ounce) glass of the mixture.
2. At **2:30 PM**, drink 1 (8-ounce) glass of the mixture.
3. At **2:45 PM**, drink 1 (8-ounce) glass of the mixture.
4. At **3:00 PM**, drink 1 (8-ounce) glass of the mixture.

You will drink 4 glasses of the mixture in total.

- When you're finished, half of the MiraLAX mixture will be left. Save the rest of it in the refrigerator for the second half of your preparation.
- Bowel movements usually begin within 1 hour of drinking the first dose, but it may take longer for some people.
 - Don't worry if you don't start having bowel movements after drinking the first half of the MiraLAX. Continue to drink liquids and start the second half of the MiraLAX as instructed.
- Put petroleum jelly (Vaseline®) or A & D® ointment on the skin around your anus after every bowel movement. This helps prevent irritation.
- Continue to drink clear liquids to stay hydrated and flush out your colon.

Step 3:

At **9:00 PM**, take 2 bisacodyl tablets by mouth with a glass of water. Then, start drinking the second half of the MiraLAX mixture.

1. At **9:15 PM**, drink 1 (8-ounce) glass of the mixture.
2. At **9:30 PM**, drink 1 (8-ounce) glass of the mixture.
3. At **9:45 PM**, drink 1 (8-ounce) glass of the mixture.
4. At **10:00 PM**, drink 1 (8-ounce) glass of the mixture.

Be sure to finish the entire MiraLAX mixture.

- You can continue to drink clear liquids until 4 hours before your scheduled arrival time.
- Don't eat anything until after your procedure.

DAY OF THE PROCEDURE

Things to remember

- Take only the medications you were instructed to take the morning of your procedure. Take them with a few sips of water.
- Don't apply any lotions, creams, or powder to your chest or arms.
- Remove any jewelry, including body piercings.
- Leave all valuables, such as credit cards and jewelry, at home. We don't have lockers to store your valuables in.
- If you wear contacts, wear your glasses instead.

What to bring

- A list of the medications you take at home
- If you have an implanted pacemaker or cardioverter-defibrillator (AICD), bring your wallet card with you.
- Your rescue inhaler (such as albuterol (Proventil®, Ventolin®) for asthma), if you have one
- A case for your glasses
- Your Health Care Proxy form, if you have completed one

Where to go:

San Marcos Surgical Center
 1891 Medical Parkway
 San Marcos, TX 78666
 (512)754-7999

AFTER YOUR PROCEDURE

Please arrange for a ride home. It is best to go home to rest, but you still need to walk around to help pass the gas that was used to inflate the colon.

The billing of the procedure will occur after the procedure. There are separate bills: the physician, the anesthesiologist, San Marcos Surgical Center and from the pathologist (if biopsies were taken during the procedure). We ensure that any prior authorization, if needed, has been obtained. Your insurance will be billed and then the remaining balance will be billed to the responsible party. Insurance plans vary between insurance carriers and it is up to you to determine your out of pocket expense.

For any questions, please call San Marcos Family Medicine at 512-396-7686.