



Colonoscopy Prep Instructions

Date of Procedure: _____ Provider: Dr. Schroeder/ Dr. C. Craig

You will receive a phone call from the surgical staff approximately 1 week prior to your procedure discussing arrival time at the facility. This is commonly 1-2 hours prior to your estimated procedure time. They will advise you about other instructions at the time of the phone call.

The Joint Commission requires that physicians perform a "History and Physical" within 30 days prior to elective procedures. If your procedure is rescheduled to a later date, you may be asked to return to the clinic for an updated physical.

Special Instructions:

*You may continue Aspirin.

***All other blood thinners are held.**

Some examples include: Plavix/Clopidogrel, Pradaxa/Dabigatran, Coumadin/Warfarin, Effient/Prasugrel, Lovenox, Eliquis/Apixaban, Xarelto/Rivaroxaban, Cilostazol/Pletal.

Date to Stop: _____

***If you are taking weight loss medications these need to be held 2 weeks prior to procedure. (Example: Phentermine)**

Date to Stop: _____

*If you are taking Glucagon-like peptide 1 receptor agonistes (GLP-1) these need to be held 1 week prior to procedure.

Some Examples Include: Mounjara (tirzepatide, Ozempic/Wegovy/Rybelsus (semaglutide), Trulicity (dulaglutide), Byetta/Byrureon (exenatide), Victoza (liraglutide)

Date to Stope:_____

*If you take oral diabetes medications (pills) or diuretics: Do not take these medications the morning of the test. Bring your diabetes medications with you.

*If you take insulin, please contact the health care provider who manages your diabetes for instructions.

*You should take your usual morning medications (other than those noted earlier), with a sip of water. This is especially important for blood pressure and heart medications.

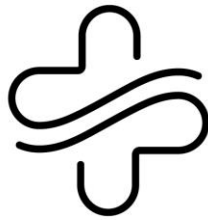
Please bring all of the following when you come for your colonoscopy:

*A list of all medications you are taking and any allergies you have

*Health insurance cards, photo ID

*Please leave jewelry and valuables at home

*Wear loose fitting and comfortable clothes



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*YOU MUST ARRANGE FOR A RESPONSIBLE ADULT (OVER 18) TO ACCOMPANY YOU AND DRIVE YOU HOME.

Miralax (2 L) Bowel Preparation

Good bowel preparation is vital for adequate colon evaluation. Skin irritation around the anus can be prevented by applying diaper ointment (zinc oxide) to the skin around the anus before starting your bowel preparation. Soak in a warm bath after passing stool, softly pat skin dry with a cloth and reapply ointment as needed.

Before You Start:

Items to Purchase over the Counter:

1. Four (4) **Dulcolax Laxative tablets** 5 mg (generic name- **bisacodyl**)
2. **Miralax** Bottle 238 gram size (generic name- polyethylene glycol)
3. **Gatorade-** total 64 ounces (No RED color)

The Day Before Your Procedure

Date: _____

Diet: After awakening, **clear liquids only**, (list of clear liquids below)-**NO SOLID FOODS.**

Drink at least 8 ounces of clear liquids every hour after awakening until midnight to avoid dehydration. NO Alcohol.

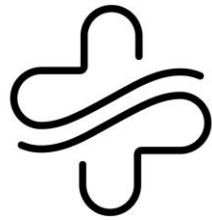
Clear Liquid Diet List:

Water	Sports Drink	Ginger Ales
Mountain Dew	Lemon-Lime Soda	Apple Juice
White Grape Juice	Kool-Aid	Lemonade
Coffee (no milk or creamer)	Tea	Broth (no noodles)
Jell-O (without fruit or topping)		Popsicles

2:00 PM Take 4 Dulcolax (bisacodyl) tablets.

6:00 PM Mix the entire bottle of Miralax into the 64 ounces of cold Gatorade. A large pitcher is helpful. Mix or stir until fully dissolved. **(Take 2 cups/16 oz out and set aside to drink the day of procedure)** Drink 8 ounces (1 cup) every 30 minutes until gone. The solution may taste better if kept cold.

It is better to drink a whole glass of solution rapidly, rather than sipping it slowly. By the time you drink your last glass of solution, your stools should be liquid. Feeling bloated or nauseated is common. These feelings are temporary and should disappear once the bowel



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movements begin. If you feel nauseated or vomit, wait 30 minutes before drinking more fluid, start with small sips of solution. Walking may help decrease the nausea.

******Do not drink any other liquid after midnight******

Day of Your Procedure:

Date: _____

*4 to 6 hours before your procedure, **drink the final 16 ounces of your prep.**

**Do not drink any fluids 4 hours prior to your procedure, except approved medications with a sip of water.*

*No tobacco products.

Check in at the front desk of Kearney County Health Services at designated time provided to you from your pre-op call.

After Your Procedure:

When you are ready to go home, your nurse will discuss instructions and answer questions with you and your responsible adult. After discharge from the facility, you may have a light diet, as tolerated. Avoid alcohol and do not drive, operate machinery, or make legal decisions. A responsible person should stay with you after you leave the hospital while you recover from the effects of the sedation, approximately 12 hours.

If biopsies were taken, you may have some blood in your stools after your procedure.

The day following your procedure:

Resume normal activities and diet.

Results of colonoscopy:

Your initial results will be given to you the day of your procedure. If biopsies are taken during your procedure, they will be sent to a pathologist for diagnosis. After the provider receives the pathology report, you will be informed of results by his office.

Although complications after a colonoscopy are rare, they can be serious and life-threatening. It is important for you to be aware of early signs that something may be wrong.

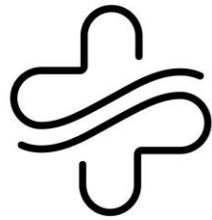
Report to the ER or contact a physician immediately if you have any of the following, or other concerns:

* Pain in your abdomen

* Excessive rectal bleeding

* Fever, chills, persistent vomiting

* Chest pain or shortness of breath.



KEARNEY COUNTY
HEALTH SERVICES

Contact Information:

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Hastings General Surgery

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Kearney County Health Services

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(308)832-3400 ext. 2322 or ext. 2853