

## Colonoscopy 2 Day Bowel 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 usually 1-2 hours before your estimated procedure time. Additional instructions will also be provided during this call.

The Joint Commission requires that a provider 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:

\***Aspirin:** You may continue taking aspirin, unless otherwise instructed.

\***Blood thinners:** All other blood thinners should be held.

Examples include: Plavix (clopidogrel), Pradaxa (dabigatran), Coumadin (warfarin), Effient (prasugrel), Lovenox, Eliquis (apixaban), Xarelto (rivaroxaban), Pletal (cilostazol)

**Date to Stop:** \_\_\_\_\_

\***Weight loss medications:** Hold two weeks prior to procedure.

Example: Phentermine

**Date to Stop:** \_\_\_\_\_

\* **GLP-1 receptor agonists:** Hold one week prior to procedure.

Examples include: Tanzeum (albiglutide), Trulicity (dulaglutide), Byetta, Bydureon (exenatide), Victoza, Saxenda (liraglutide), Ozempic, Wegovy (semaglutide), Mounjaro (tirzepatide)

**Date to Stop:** \_\_\_\_\_

\***Oral diabetes medications or diuretics:** Do not take these medications the morning of the procedure. Bring your diabetes medications with you.

\***Insulin:** Contact your diabetes care provider for instructions

\***Morning Medications:** Take your usual morning medications (other than those noted above) 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

**IMPORTANT:** You must arrange for a responsible adult (age 18 or older) to accompany you and drive you home.

## **Miralax (2 L) Bowel Preparation**

Good bowel preparation is essential for adequate colon evaluation. To prevent skin irritation, apply diaper ointment (zinc oxide) to the skin around the anus before starting the prep. Soak in a warm bath after passing stool, softly pat skin dry with a cloth and reapply ointment as needed.

### **Items to Purchase over the Counter:**

1. Four (4) Dulcolax Laxative tablets, 5 mg (generic name- bisacodyl)
2. TWO Miralax Bottle 238 gram size (generic name- polyethylene glycol)
3. Gatorade or an electrolyte drink- **total 128 ounces** (No RED color)

### **Two Days Before Your Procedure:**

**Date:** \_\_\_\_\_

**Diet:** After awakening, clear liquids only (see list below).

**NO SOLID FOODS.** Drink at least 8 ounces of clear liquids every hour after awakening until midnight to avoid dehydration. Avoid alcohol.

#### **Clear liquids include:**

|                           |                 |                    |
|---------------------------|-----------------|--------------------|
| Water                     | Sports Drinks   | Ginger Ales        |
| Mountain Dew              | Lemon-Lime Soda | Apple Juice        |
| White Grape Juice         | Kool-Aid        | Lemonade           |
| Coffee (no creamer)       | Tea             | Broth (no noodles) |
| Jello (no fruit/toppings) |                 | Popsicles          |

#### **Prep Schedule:**

**6:00 pm** Mix one bottle of Miralax into 64 ounces of cold Gatorade or electrolyte drink. Stir until dissolved Drink 8 ounces every 30 minutes until finished.

**Tips:** Mix the solution in a large pitcher. Keep solution cold. Drink each glass quickly rather than sipping. Expect watery stools by the end of prep. Temporary bloating or nausea is common; if you vomit, wait 30 minutes, then resume with small sips. Walking and movement may help with symptoms. After prep is complete, continue drinking clear liquids to help with a complete prep.

### **The Day Before Your Procedure:**

**Date:** \_\_\_\_\_

**Diet:** After awakening, clear liquids only (see list above).

**NO SOLID FOODS.** Drink at least 8 ounces of clear liquids every hour after awakening until midnight to avoid dehydration. Avoid alcohol.

#### **Prep Schedule:**

**2:00 pm** Take 4 Dulcolax (bisacodyl) tablets.

**6:00 pm** Mix the entire bottle of Miralax into the 64 ounces of cold Gatorade or electrolyte drink. Stir until dissolved (set aside 16 ounces to drink the day of procedure.) Drink 8 ounces every 30 minutes until finished.

**The Day of Your Procedure:****Date:** \_\_\_\_\_

**\*4-6 hours before your procedure:** drink the final 16 ounces of your prep.

**\*Do not drink fluids within 2 hours of procedure (except approved medications with a sip of water). No tobacco products.**

Check in at the front desk of Kearney County Health Services at your assigned time.

**After Your Procedure:**

Before discharge, your nurse will review instructions with you and your escort.

**At Home:** Start with a light diet as tolerated. Avoid alcohol. Do not drive, operate machinery, or make legal decision for 24 hours. A responsible adult should stay with you during this time.

If biopsies were taken, minor blood in your stools is common.

**The next day:** Resume normal diet and activities.

**Results:** Initial findings will be shared the day of the procedure. If biopsies are taken, results will be provided after pathology review.

**When to Seek Medical Attention:**

Although complications are rare, contact your provider or go to the ER immediately if you experience:

**\*Severe abdominal pain**

**\*Fever, chills, or persistent vomiting**

**\*Excessive rectal bleeding**

**\*Chest pain or shortness of breath**

**Contact Information:**

**Nebraska Rural Surgical Assoc.**  
Caleb Schroeder, MD  
618 N Denver Ave, Hastings, NE 68901  
(402) 834-2450

**Kearney County Health Services**  
727 E 1st Street, Minden NE 68959  
Surgery Department:  
(308) 832-3400 ext. 2853

**Minden Medical Clinic**  
727 E 1<sup>st</sup> Street, Minden, NE 68959  
(308) 832-3400 ext. 8000

## GENERAL COLONOSCOPY INFORMATION

### What is a Colonoscopy?

A colonoscopy is a procedure to examine the lining of the colon.

During the procedure, your provider may remove polyps or take biopsies.

Biopsies are common and do not necessarily mean cancer.

### Types of Colonoscopies:

#### Screening Colonoscopy:

For patients with **no GI symptoms**:

Recommended for:

Age **45 and older** with no risk factors

Patients with a **first-degree relative** (family history) who had colon cancer (if guidelines are met)

#### Surveillance Colonoscopy:

For patients with **no current** symptoms but a history of:

Colon Polyps

Colon Cancer

Considered a high-risk screening

#### Diagnostic Colonoscopy:

Performed when symptoms are present, including:

Blood in stool or positive stool test

Rectal bleeding

Iron deficiency anemia (unknown cause)

Change in bowel habits (diarrhea, constipation)

Ongoing abdominal pain or anal pain

Weight loss, unexplained

Follow-up for incomplete polyp removal

Other GI-related concerns

#### Insurance Information:

Insurance companies may cover colonoscopies differently.

It is your responsibility to check with your insurance company before your procedure.

Our staff cannot confirm your specific coverage.

#### Important to know:

Some insurance companies **may reclassify** a screening as diagnostic colonoscopy if biopsies are taken.

Coverage **before the age 45** may vary. Some insurers approve it, while others may deny it.

Providers **cannot change medical documentation** to alter your procedure type (screening v. diagnostic).

#### If an insurance representative suggests changing your classification:

Write down their name, date and phone number

Contact our office with this information.