

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 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. Miralax Bottle 238 gram size (generic name- polyethylene glycol)
3. Gatorade or an electrolyte drink- total 64 ounces (No RED color)

The Day 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:

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.

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 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 1st 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 other 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.