



2-Day Colonoscopy with Miralax Prep

Procedure Date: _____ Arrival Time: _____ AM/PM

Provider: _____

Please expect to be here for an average of 2-3 hours

Additional Instructions: _____

Please report to the Mankato Clinic Endoscopy Center located at:

1230 East Main Street, Mankato. Call with any questions: 507-389-8582 Option 1

If your procedure is scheduled Monday-Friday, please enter Door 50 and walk straight back past the desk and turn left.

You will see signage directing you to the Mankato Clinic Endoscopy Center.

If your procedure is scheduled on a Saturday, please enter Door 49 (Urgency Care) and follow the sign for check in.

What is a Colonoscopy?

A colonoscopy enables your physician to examine the lining of your colon (large intestine) for abnormalities by inserting a flexible tube into the rectum and colon. This allows the physician to get a close-up view of the inside of your colon. To do so, the colon must be cleaned out. Any lesions or abnormalities, such as polyps, which are too small to be seen on X-ray, can be removed and biopsied.

What can I expect during a Colonoscopy?

A colonoscopy is generally well tolerated. You may feel pressure, bloating or cramping during the procedure. You will receive medication to make the procedure more comfortable. You will be positioned on your left side and may be asked to turn during the procedure. Our highest priority is performing the most careful and safest possible examination for each and every patient. **Although we strive to remain on schedule, please understand that some procedures take longer than others. We ask for your patience and that you allow 2-3 hours for check in, procedure and recovery.**

What are polyps and why are they removed?

Polyps are abnormal growths in the colon lining that are usually benign (non-cancerous). They vary in size from a tiny dot to several inches. Your physician can't always tell a benign polyp from a malignant (cancerous) polyp by its outer appearance, so the polyp is sent in for examination. Colon cancer begins in polyps and removing them is an important means of preventing colorectal cancer. Polyps are removed during the exam by the physician.

What are the possible complications of a Colonoscopy?

A colonoscopy is a safe procedure, with serious complications occurring less than 1% of the time. One possible complication is a perforation, or tear, through the bowel wall that could require surgery. Bleeding might occur at the site of biopsy or polyp removal, but it is usually minor. Another complication could be reactions to medicine. Although complications after a colonoscopy are uncommon, it's important to recognize early signs of possible complications. You will be given written discharge instructions after your colonoscopy.

Steps for a successful procedure day

- **You will need a responsible driver. For safety reasons, you will need a responsible adult driver after receiving sedation. This can be via personal vehicle or medical transport. This does not include a taxi, Uber/Lyft, bus or walking home.** We also recommend that someone stay with you for 12 hours after you are discharged.
- Hydrate, hydrate, hydrate! Drink clear liquids up to 2 hours before your arrival time for your procedure.
- Expect to be at the Clinic for 2-3 hours to allow for check in, procedure, and recovery.
- Complete the prep as described in the prep directions that you were given. Completing the entire prep will make for a successful procedure. If the prep isn't completed, you risk the procedure being cancelled.
- Bathe/shower the morning of the procedure. You can use water to brush your teeth.
- **Although we strive to remain on schedule, some procedures do end up taking longer than others. We appreciate your patience.**

How to Prepare for Your Colonoscopy

7 days before: _____

- Your pharmacy will have your prescribed medication on file. You must call and request that the colonoscopy prescriptions be filled.
 - Miralax 238 mg bottle
 - 6 laxative tablets such as Bisacodyl, Senna
 - 6 gas relief tablets such as Simethicone, Gas-X
 - 1 (10oz) Bottle of Magnesium Citrate
- **Buy (2) 32 oz Gatorade sports drinks (Not red or purple color flavors)**

Follow the instructions provided in this packet for how to take the medication.

Certain foods and medications are more likely to stick around in your colon and interfere with the colonoscopy.

- **Stop** any iron supplements
- **Stop** taking fiber supplements such as Metamucil, Citrucel, Psyllium, and Fibercon
- If you have diabetes, contact your primary or pre-op provider regarding any questions or changes needed unless already instructed.
- If you take anti-inflammatory medications (NSAIDS) such as ibuprofen, Advil, Motrin, naproxen, Aleve, or Aspirin, please contact your primary or pre-op provider asking if you should stop taking the medication prior to the procedure if you haven't already been instructed.

5 days before: _____

- **If you take medications that affect the clotting of your blood such as Warfarin, Coumadin, Jantoven, Clopidogrel, Plavix, Heparin, Lovenox, etc,** please contact your primary provider or anticoagulation clinic asking if you should stop taking the medication prior to the procedure if you haven't already been instructed.
- Continue to take all other prescribed medications as directed, even on the day of procedure, unless directed by your doctor. (During prep time, take with small sips of water).
- **Begin a low-fiber diet (also known as a low-residue diet)** which helps to make the cleanout more effective.
 - Examples of low fiber diet include (but are not limited to): pasta, white rice, white bread, dairy products, eggs, ground meats, poultry or fish without skin, cooked or boiled vegetables, canned fruit, bananas, melons, creamy peanut butter, and other condiments.
 - **Avoid** raw fruits and vegetables with skins or seeds, dried fruits, nuts, corn, popcorn, whole grain cereals or breads, bran, quinoa, beans and lentils.

2 days before: _____

Begin full liquid diet- no solid foods

- **In the AM:** Take 2 laxative tablets (Bisacodyl/Senna)

Foods Allowed:

- Crackers and vegetables that are pureed in soups. Vegetable and fruit Juices that are strained. Milk and milk-base beverages. Broth and strained cream soup. Custard, flavored gelatins, tapioca, plain ice cream, and pudding pops. All beverages and supplements such as Ensure, Boost, and Resource.

At 6 p.m.:

- Drink ONE 10oz bottle of Magnesium Citrate

1 day before: _____

Begin a clear liquid diet-clear liquids include things you can see through. Solid foods are not allowed at all on this day.

- Examples of a clear liquid diet include: water, strained fruit juices without pulp (apple, white grape, white cranberry), Gatorade, Powerade, Pedialyte, or other sports fruit sports drinks, carbonated and non-carbonated soft drinks, black coffee or tea (no milk or creamer), clear broth or bouillon, plain Jell-O, gummy bears, popsicles **(Do not or drink anything that is red or purple.)**
- The following are **NOT** allowed on a clear liquid diet: alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, and chewing tobacco.
- Please limit the amount of caffeine you drink this day--choose other beverages as well. It is important that you drink a variety of clear liquid beverages with calories to prevent dehydration.

In the AM: Take 2 laxative tablets (Bisacodyl/Senna)

In the morning: Mix ½ of the Miralax bottle in each of the 32oz Gatorade bottles until dissolved and put both in the refrigerator to keep it cold.

At 4 pm: Take 2 laxative tablets (Bisacodyl/Senna)

At 6 pm:

- Begin drinking the first Miralax/Gatorade solution at a rate of 8oz every 15-30 minutes until the container is empty.
- Take 3 gas relief tablets (Simethicone/Gas-X)
- Keep the remaining solution refrigerated

Colon Cleansing Tips:

- If you feel nauseous or vomit - rinse your mouth with water, take a 15 minute break and then continue drinking the solution
- Drinking from a straw may help you tolerate the solution better.
- Make sure you stay near a bathroom because you will have diarrhea. Even if you are in the bathroom, continue to drink the cleansing solution every 10 minutes.
- You may be uncomfortable until the stool has flushed from your colon.
- You may experience irritation and soreness, it is OK to use diaper rash cream (Destin) or Vaseline mixed with cornstarch to help relieve the irritation.
- You may feel chilled during and after drinking the solution.

The goal: Your stool should be liquid and very light in color.

Day of Procedure: _____

Continue with the clear liquid diet in order to stay hydrated

5 hours before: _____

- Start drinking 2nd Miralax/Gatorade solutions. Drink 8oz every 15-30 minutes until the container is empty.
- Take 3 gas relief tablets (Simethicone/Gas-X)
- **It is very important that you drink all of your prep.** Proper bowel preparation for a colonoscopy is necessary in order for your doctor to fully view the colon. If the stool is not clear/yellow liquid, your procedure may need to be rescheduled.

Please note: For those scheduled for early morning appointments, you will need to wake up very early in the morning to finish your prep. This timing greatly improved your chances of having a clean colon for the procedure. This timing also helps to ensure the Miralax has flushed through you before you leave for your appointment. If you are concerned about driving to your appointment after drinking the prep, please note that most individuals are done having bowel movements two hours after finishing.

2 hours prior: _____

- Stop consuming all liquids and do not take anything by mouth during this time
- Take these morning medications (if prescribed) with a sip of water:
 - Blood pressure
 - Anti-anxiety
 - Pain
 - Anti-seizure
- If you have diabetes, please check your blood sugar at home before coming.

Time _____ **Result** _____

There are two special types of medications that you MAY NOT take on the day of the procedure:

- **Diabetic medications**, including insulin and/or oral medications - **DO NOT** take these the morning of your procedure unless instructed by your doctor.
- If you take medications that affect the **clotting of your blood** (Warfarin, Coumadin, Jantoven, Clopidogrel, Plavix, Heparin, Lovenox, etc.), make sure you have talked to your doctor or the anticoagulation clinic and have a plan in place if you need to stop these medications or change the way you take these medications.

What should I bring the day of the procedure?

- List of current prescription and over-the-counter medications and herbal supplements.
 - Bring your prescription inhaler to your appointment if you have one.
- List of known allergies to medication, latex, and food.
- List of medical conditions and previous surgeries.
 - Please inform your healthcare provider if you are or could be pregnant.
 - If you are diabetic, bring your glucometer because you might need to check your blood sugar more often.
- Wear a short sleeved shirt and loose fitting, comfortable clothes.
- Leave all valuables at home.

Congratulations! You are ready for your procedure if you have followed these directions!

If you have any questions, please call us at **507-389-8582** and select **option #1 (Endoscopy Center)**.

Please report to the **Mankato Clinic Endoscopy Center:**

1230 E. Main Street, Mankato, MN as scheduled with a responsible adult driver.