

## DIGESTIVE CARE CENTER

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## PREPARING FOR YOUR COLONOSCOPY (Extended 2-day Prep)

Dr. Beirne

Dr. Faust

Dr. Hanson

Dr. Morales

Arrival Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_  A.M.  
 P.M. Procedure Time: \_\_\_\_\_  A.M.  
 P.M.

### Memorial Outpatient Surgery Center

525 Doyle Park Dr., 2nd Floor  
(707) 547-4600

### Santa Rosa Memorial Hospital

1165 Montgomery Dr.  
(707) 525-5224

### Sutter Surgical and Endoscopy Center

34 Mark West Springs Rd., Ste. 100  
(707) 541-3500

### As Soon As Possible:

- Plan to take the day of the procedure off from work.
- Find someone who can drive you to and from the appointment or ride with you if you plan on taking a taxi, Uber or Lyft

### 7 Days Before the Exam:

- If you are taking **Coumadin (warfarin), Xarelto, Pradaxa, Eliquis, Plavix, Brilinta, Effient, Savaysa, Aggrenox, Persantine, Pletal or any other blood thinning medication, make sure you know if and when you are to stop these medications.** Call the office TODAY if you are unsure. You may continue to take a single aspirin tablet daily.
- Purchase the **1-gallon laxative, an 8.3-ounce bottle of MiraLAX, 4 simethicone 125mg (Extra Strength) pills in chewable or soft gel form and 64 ounces of Gatorade, Crystal Light or Propel sports drink.** No red or purple color please as that looks like blood in the colon!
- Consider purchasing soothing wipes to help with anal irritation. Avoid heavy creams and ointments as these may coat the lens on the colonoscope.
- Make sure you have returned any paperwork, such as your history and demographics forms, to the office and not to the procedure facility.

### 5 Days Before the Exam:

- Stop taking the following medicines:** NSAIDS (Motrin, Aleve, ibuprofen, Naprosyn, naproxen, etc.), iron supplements, fiber supplements such as Metamucil, vitamins and herbal products. You may continue all of your other prescription medications and take up to one 325mg aspirin a day.
- Stop eating very high fiber foods** such as nuts, seeds, popcorn, quinoa, raw veggies, peanuts, corn, berries, and breads or crackers with visible seeds.

## 2 Days Before the Exam — Begin the Prep:

- Begin a clear liquid diet. Do not eat anything solid. Drink only liquids the entire day. Clear liquids include:
  - Water with or without bubbles
  - Clear fruit juices without pulp (apple, white grape, lemonade)
  - Coffee or tea (without milk or other creamers)
  - Fat free broth such as vegetable broth
  - Popsicles or Jell-O
  - Clear sports drinks
- The only exception to clear liquids is that you may also drink Boost or Ensure beverages (*white colored, such as vanilla, only*) until 5 P.M. Use the sugar free version if needed. **After 5 P.M. only clear liquids are allowed, no exceptions.**
- **If you are diabetic and taking insulin or using an insulin pump**, use ½ your daily dosage today. If you are taking oral diabetic medications, take ½ the dosage you usually take. **Otherwise, take your regular medications.**
- **In the late afternoon, between 3–6 P.M., start your laxative:**

**Step 1:** Pour the entire 8.3 ounces of MiraLAX into 64 ounces of Gatorade or equivalent.

**Step 2:** Shake well to mix.

**Step 3:** Drink a glass every 15 minutes or so until you have consumed one half of the container (32 ounces).

**Step 4:** Save the remainder for tomorrow.

*Nausea, bloating, cramping and vomiting may occur. This is not uncommon and is uncomfortable, but not worrisome. If it does happen, take a break from drinking the prep for 30 minutes. Resume drinking until it is all finished, taking breaks as needed.*

## 1 Day Before the Exam — Continue the Prep:

- In the morning around 8 or 9 A.M. drink the remaining 32 ounces of Gatorade/MiraLAX a glass at a time. Try to finish about 10 A.M.
- **Today you will have a clear liquid diet only.** Do not eat anything solid. Drink only clear liquids the entire day. The more liquid you drink the less hungry you will feel.
- **If you are diabetic and taking insulin or using an insulin pump**, use ½ your daily dosage today. If you are taking oral diabetic medications, take ½ the dosage you usually take. **Otherwise, take your regular medications.**
- **In the late afternoon, between 3–6 P.M., start the second, gallon sized, NuLyte/TriLyte laxative:**

**Step 1:** Fill the jug with water to the line at the top and shake vigorously.

**Step 2:** Drink one 8-ounce glass every 10–15 minutes until you have completed half of the bottle. Sucking on a lime or lemon between glasses can help with nausea and taste. You can also use ice cubes or refrigerate the laxative if you like.

**Step 3:** Take your simethicone while you are drinking the laxative, as you are reaching the end of half of the gallon prep.

*Again, bloating, nausea, cramping and occasionally vomiting may occur. If this happens to you, take a break from drinking for 15–30 minutes and then try resuming until half the gallon is finished.*

### On the Day of Your Procedure:

- No later than 3 hours before the exam**, earlier if you like, repeat steps 2 and 3 as described above, using the remaining one-half gallon of laxative and 2 more simethicone tabs. It is critical that you complete the entire preparation so that your colon will be very clean and your doctor can see inside properly.
- You may have clear liquids and your prescription medications early this morning, but **do not drink anything at all beginning 2 hours before the exam until the exam is complete**. Not even a sip of water!
- Bowel movements will occur that are watery and frequent until the bowel is fully cleansed. The end result should be clear or pale-yellow liquid.
- If you are diabetic, do not take your daily diabetic medication this morning**, but do take all of your other prescription medicines with the exception of blood thinners. One aspirin is ok.
- Wear loose comfortable clothing, a short-sleeved shirt (to make it easier to start an IV) and warm socks.
- You must have a driver to pick you up**. You cannot drive yourself home. If you do not have someone to drive you home, your procedure will be canceled. You may take a taxi home if you are accompanied by an adult.

**The hardest part is over!** After you arrive for your colonoscopy, you will meet with a nurse who will talk to you about your medical history, start an IV so you can get fluids, and get you settled. After you meet with your doctor, you will be given medication to sedate you and keep you comfortable during your colonoscopy. You will recover after your procedure for about 30 minutes and be given a report with the findings and instructions to take home. The entire process takes about 2–3 hours from the time you arrive until the time you are released.

After the examination you should not drive, work or operate machinery for the remainder of the day as there may be lingering effects of the anesthesia. Everyone is a bit different in this regard.

### Confirmation:

Our office will call you to confirm your appointment about a week before the procedure. **If we leave you a message you must call us back to complete the confirmation**. If we are unable to confirm at least 2 business days in advance we may change the date of your appointment. If your plans change and you need to change the date for any reason, please give us a notice at least a week in advance so that another patient may use the time. If you change your appointment or fail to appear for the appointment you may be charged a cancellation fee of \$150.00.

The facility where your appointment is scheduled may also call you about 2 days in advance to review the procedure and make certain that you are comfortable with the instructions. They will also confirm the time of the appointment and give you a feel for when you will be ready to leave afterwards.

### Patient Financial Responsibility:

Please note, when appropriate, we will preauthorize your procedure. This means we have gained approval for your procedure from your insurance company; however, this is not a guarantee of payment.

**It is your responsibility to contact your insurance company to find out your payment obligations**. We can provide the appropriate procedure and diagnosis codes to assist you if needed. The charges that may be billed to your insurance company for your procedure include the physician's professional fee, the facility fee where the procedure is performed, and pathology fee or anesthesiologist's fee if applicable. You may contact us with any questions.