

# Southwest Surgical Associates, L.L.P.

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Colon and Rectal Surgery

## COLONOSCOPY INSTRUCTIONS

Please read through this carefully. Failure to comply might disrupt the effectiveness or ability to perform the procedure.

### 2 DAYS BEFORE COLONOSCOPY:

- Start a light diet. No heavy foods. EXAMPLE: NO red meats, bread, pasta, fast food

### DAY BEFORE COLONOSCOPY

- Please stay hydrated by drinking at least a gallon of liquids during the day.
- Clear liquid diet ONLY: NO RED DYE in foods, NO CITRUS JUICES WITH PULP, OR MILK/DAIRY PRODUCTS!!

FOOD GROUPS	FOODS ALLOWED
Fruit Juices	Apple, white grape, pineapple (no pulp), cranberry juice
Beverages	Coffee (no cream/milk), tea, carbonated beverages, Gatorade, Powerade, Kool-Aid, lemonade
Protein	Boost breeze
Soups	Clear broth or Bouillon (fat free)
Desserts	Popsicles, flavored gelatin, clear hard candy
Seasoning	Lemon juice or honey

- **Nothing to eat or drink after midnight** on the day before your procedure.
- Please DO NOT take any Motrin, Advil, Aleve or Aspirin products, Coumadin or other blood thinners, including vitamin E or anti-inflammatories for at least 7 days prior to your colonoscopy. You may take Tylenol for pain or headaches as needed.
- If you have high/low blood pressure or have a heart condition, please take your medications the morning of your colonoscopy with a sip of water
- Follow the instructions for the prep that is checked off for you only on the next page.

### AFTER COLONOSCOPY:

- Do not drive or operate heavy machinery for 12 hours. You have received sedation which can cause drowsiness.

Complications are not anticipated, but the following may occur and are not ordinarily serious

- Pain in the abdomen due to retained air. This generally subsides completely after passing gas. If pain persists beyond four hours, call the office.
- Minor bleeding can occur after a biopsy of the lining of the colon or after removal of a polyp. Do not become alarmed if a small amount of bright red blood is noticed in the bowel movement. This can occur for several days, but may appear as long as ten days after the colonoscopy. If a large amount of bleeding occurs, or if dizziness or weakness develops, call the office immediately.

- Pain over the vein in the arm where medication was administered. Should this occur, apply hot compresses to arm four times a day. The swelling usually subsides within 1-2 weeks, but at times may last longer. Should fever, swelling, or redness of the hand or arm, or pain in the armpit occur, call the office.

## **COLONOSCOPY MiraLAX/Gatorade BOWEL PREP:**

To ensure a successful exam, please follow the instructions carefully. You **MUST** arrange a ride for the day of your exam.

### **Purchase the following at your local pharmacy:**

4 Dulcolax laxative tablets. Each tablet contains 5mg of bisacodyl. (NOT Dulcolax stool softener).

1 – 8.3 oz. bottle of MiraLAX (238 grams).

64 oz of a clear liquid (NOT red). Examples: Gatorade, G2, Gatorade Ice, Powerade, Powerade, Clear Juice, Zero, water etc... Please review colonoscopy instructions page for other acceptable clear liquids.

You can use more than one type of liquid for the prep.

### **1 DAY BEFORE YOUR COLONOSCOPY:**

Begin a clear liquid diet. Drink at least 8 glasses of water during the day to avoid dehydration.

**At 12 noon:** Take 4 Dulcolax tablets. Mix 64 ounces of liquid with 8.3 oz. of MiraLAX and place in refrigerator. You may mix the MiraLAX with different clear liquid.

**At 4 pm:** Drink one 8 oz. glass of the MiraLAX/Liquid solution and continue drinking one 8 oz. glass every 15 minutes thereafter until the mixture is gone. Set a timer for every 15 minutes to keep the pace.

### **COLON CLEANSING TIPS:**

1. Stay near a toilet! You will have diarrhea which can be quite sudden. This is normal.
2. Continue to drink the prep solution every 15 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.
3. Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself 30–90-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2-4 hours and occasionally significantly longer).
5. Anal skin irritation or a flare up of your hemorrhoids may occur. This can be relieved with over-the-counter remedies such as Tucks pads or hydrocortisone creams.