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## Preparation for Colonoscopy with Miralax and Dulcolax

Date of Procedure: \_\_\_\_\_ Place: \_\_\_\_\_

Arrival time: \_\_\_\_\_ am/pm Pick up time (for NJSC patients only) \_\_\_\_\_ am/pm  
(We will call day before with exact time)

**IF YOU HAVE NOT HEARD FROM US**

**by 2:00 p.m. the day before your procedure, please call our office for your arrival time.**

**Appointment not confirmed by 2 PM will be cancelled**

**Seven days Before Procedure starting on \_\_\_\_\_ (if you take any of listed below)**

**Do not take aspirin, ibuprofen, Advil, Aleve, Plavix, clopidogrel, Brilinta or arthritis medications. Do not take iron pills or iron preparations (including multivitamins with iron). You may use Tylenol and extra strength Tylenol.**

**Four Days Before Procedure starting on \_\_\_\_\_ (if you take any of listed below)**

**Do not take any blood thinners, such as Coumadin, warfarin, unless advised by cardiologist or Primary Care Physician**

**24 Hours Before Procedure starting on \_\_\_\_\_ stop taking Xarelto, Prodaxa or Eliquis**

**PLEASE CONSULT YOUR CARDIOLOGIST OR PRIMARY CARE PHISICIAN BEFORE STOPPING ANY BLOOD THINNERS!**

**If you are a *DIABETIC* continue to take your usual medications or Insulin and test your blood sugar level by fingerstick several times throughout the day. If your blood sugar level low, take sweetened tea or apple juice to bring it up.**

**On a day of Procedure do not take diabetic pills, bring them to the office. If Insulin has been prescribed to you, have only ½ dose of Insulin injection in the morning.**

You may take all other medicines unless otherwise advised by Dr. Gorodokin.

**PLEASE NOTE** that during your prep, you may experience some rectal irritation which can be decreased by applying *petroleum jelly (Vaseline)* to your rectum before and after bowel movements, along with the use of adult wet wipes.

**You will be administered IV sedation. Please come accompanied by a responsible adult who can drive you home.** You will not be allowed to take public transportation or to drive your own car. **We can make arrangement for transportation if your procedure scheduled at NJSC.**

You should not drive a car, operate machinery, or ingest alcohol for at least 8 hours after a procedure Please refrain from smoking and do not wear lipstick. Please DO NOT bring valuables AND DO NOT wear jewelry when you have a procedure.

**OUR MANAGEMENT IS NOT RESPONSIBLE FOR THE LOSS OF YOUR MONEY, JEWELRY OR VALUABLES OF ANY KIND.**

You may bring slippers or footies and put on a T-shirt for your comfort.

We anticipate your stay with us to be 1,5 to 3 hours.

You will need these items from a pharmacy:

- \_\_\_\_\_ **Miralax in large bottle (8.3 ounces or 238 grams)**
- \_\_\_\_\_ **4 Dulcolax or bisacodyl tablets (5 milligram tablet)**
- \_\_\_\_\_ **1 10oz bottle of Citrate of Magnesia**

There may be store brands of these products that cost less. Ask the pharmacist to help you find what you need.

\_\_\_\_\_ Buy a large 64-ounce bottle of sport drink such as **Gatorade**. **If you have Diabetes**, buy a drink such as Crystal Light instead. This will be used to mix your Miralax the day before your test.

**PLEASE FOLLOW THESE INSTRUCTIONS EXACTLY:**

For several days before your colonoscopy, stop taking high fiber foods, such as: **raw produce, dried fruit, seeds, nuts and whole grains.**

**Day Before Procedure:** \_\_\_\_\_ **DO NOT EAT** *but drink PLENTY of clear LIQUIDS to avoid dehydration!*

You may have *clear liquids* ALL day. Examples: **water, coffee (without milk), tea, carbonated beverages, apple juice, white grape juice, cranberry juice, Jell-O (not red), fruit flavored and powdered drinks, clear broth, bouillon, hard candy and Popsicles.**

**No milk, no orange, or tomato juice, no raw eggs, no food.** In the afternoon follow these instructions:

You may need to get to the restroom right away. You will have many bowel movements throughout the day. They will become very watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.

- 1 PM            Take 4 Dulcolax Tablets with a drink of clear liquids
  
- 2 PM            Mix the Miralax in a 64-ounce bottle of Gatorade or other *clear liquid* of choice. Cap the bottle and shake it to dissolve the powder. Most people prefer to drink the liquid chilled so you may want to place it in the refrigerator.
  
- 4 PM            Start to drink the Miralax solution. Drink one glass every 10 to 15 minutes. Drink it quickly rather than sipping small amounts. Finish drinking the liquid in 2 hours. Be sure to drink all of the liquid.

**Before bed time: Drink 1 (one) 10 oz bottle of Citrate of Magnesia.** You can drink *clear liquids* until midnight or until going to bed.

**Day of Procedure:**

Date \_\_\_\_\_

In the morning do not take oral diabetic medications. If you take morning Insulin, take ½ of your usual dose.

**You may drink clear liquids no later than 3 hours before your procedure. DO NOT EAT.**

**If you are taking heart, seizure, or anxiety medications, please be sure to take them before your procedure with a sip of water.**

***Bring all medicine bottles with you, including diabetic medications and inhalers.***

## *The hard part is over once you see us*

### **What Is Colonoscopy?**

Colonoscopy is a special exam of your lower gastrointestinal (GI) tract. If you are having symptoms of a lower GI problem or have had an abnormal x-ray, this procedure may be done to get a better look. It can also help treat certain lower GI problems.

### **What Is An Endoscope?**

During colonoscopy, a long, narrow, flexible tube called an endoscope is used. This instrument contains a strong light video camera. Your GI tract can then be viewed on a video screen.

### **What To Tell Your Health Care Provider**

Tell your healthcare provider before the exam if any of the following is true for you:

- You are allergic to any medication or anesthetic.
- You take any medication, especially aspirin or blood thinners.
- You have heart or lung problems
- You are pregnant.

### **The Procedure**

The doctor and a nurse or technician perform the procedure. Colonoscopy can take 30 minutes or longer. Sigmoidoscopy often takes less than 15 minutes.

### **During the Procedure**

You lie on the table on your left side.

For colonoscopy, you are given sedating (relaxing) medication through an IV (intravenous) line. Sigmoidoscopy usually doesn't require sedation. The endoscope is inserted into your rectum. You may feel pressure and cramping. If you feel pain, tell your doctor or nurse. You may receive more sedation or some pain medication. The endoscope carries images of your colon to a video screen. Prints of the image may be taken as a record of your exam. When the procedure is done, you rest for a time. If you have been sedated you must have an adult drive you home.

### **Lower GI Anatomy**

Colonoscopy allows your doctor to examine your lower GI tract. Your entire colon and rectum can be examined during colonoscopy. Or just the rectum and sigmoid colon can be examined during sigmoidoscopy.

### **What Colonoscopy Can Do**

Lower GI endoscopy helps diagnosis inflammation of the colon (colitis). It can be used to remove growths (polyps) from the wall of the digestive tract. It can be used to take a sample of tissue (biopsy) for later study. It can pinpoint causes of bleeding or pain. It can also help detect colon or rectal cancer.

### **After the Procedure**

You may hear some test results before you go home. If you had polyps removed or a biopsy, results may take several days. Follow your doctor instructions for how to care for yourself after the procedure.

### **When to Call Your Doctor**

Call if you have any of the following:

- Pain in your abdomen
- Fever, Rectal bleeding