

COLONOSCOPY INSTRUCTIONS (Standard)

Read all instructions carefully at least one week prior to your procedure.

Your procedure is scheduled for:

Date: _____

Location: LMH Health, 330 Arkansas St
West Entrance, Check in at Admissions

Arrival Time: _____

TRANSPORTATION:

- ✓ Plan for transportation. You will be sedated for your procedure and not able to drive or work after.
 - ✓ You **must** bring an adult (age 18+) to drive you home.
 - ✓ You may **not** take a taxi or bus by yourself.
 - ✓ Your driver should stay in the building during your procedure.

If you do not have an appropriate ride home, your procedure will be cancelled.

Call our office if you are unable to arrange a ride.

PRE-PROCEDURE PHONE CALL:

- ✓ A nurse from the Endoscopy Center will call you prior to your procedure to review your medical history (including medications and allergies). Please return calls to the Endoscopy nurse at 785-505-4866.

WEEK PRIOR TO PROCEDURE:

- ✓ If you are taking Coumadin, Plavix, Pradaxa, or other blood thinners, or have any type of clotting disorder, **please let our office know as soon as possible.**
- ✓ If you take insulin, seizure medications, or time-sensitive medications **it is important** that you speak with a nurse about necessary adjustments to your medication regimen.
- ✓ Please hold iron supplements, vitamins, and any OTC herbs or other dietary supplements for 3 days prior to your appointment to help with your prep and prevent medication interactions.
- ✓ Please try to avoid eating nuts or seeds during the 5 days prior to your prep.
- ✓ If you have recently had surgery or been hospitalized--please call and speak to a nurse.
- ✓ Purchase the over-the-counter supplies for your prep (listed below), at a pharmacy/grocery store.

Buy the following supplies:

- ✓ One 238 Gram bottle of Miralax or Glycolax (polyethylene glycol powder)
- ✓ One 10 oz bottle of magnesium citrate (NOT RED)
- ✓ 64 ounces of any clear liquid (to mix with the Miralax)

PREP DAY (day before your procedure)

Follow a Clear Liquid Diet **all day**. **NO food/drinks that are solid, red/purple in color, milk products, or alcohol.**

Drink plenty of fluids throughout the day to stay hydrated. This will help your prep.

Acceptable Clear Liquid Diet options:

✓ Water	✓ Popsicles
✓ Black Coffee (no cream/sugar)	✓ Jello
✓ Tea	✓ Broth (NO noodles)
✓ Sports Drinks	✓ Apple/White Grape Juice (without pulp)
✓ Clear Soda (7UP, Sprite, Ginger Ale)	

4:00pm:

Drink 10oz of Magnesium Citrate

Continue to drink clear liquids as tolerated throughout the evening.

6:00pm:

Mix the Miralax with 64 oz of water or clear liquid. Drink 32 oz within 4-6 hours. Save the other 32 oz. for the procedure day (see below).

If you become nauseated, pause for 30-60 minutes until the nausea improves, then resume drinking the mixture.

TIP: Try mixing half your Miralax with water and the other half with a clear liquid you like to drink. Keep the mixture cold and try drinking it with a straw. Powdered drink mixes work well to add flavor without adding too much sugar. Avoid mixing with fruit juice, carbonated drinks or sugary beverages, which could cause nausea.

PROCEDURE DAY

4 hours before arrival time, drink the remaining 32 oz. of Miralax mixture within a 2-hour period. You should be finished 2 hours before your arrival time. You may drink WATER up to 2 hours before your arrival time, DO NOT drink anything after that.

- DO NOT take any medications the morning of your procedure, unless we directed you otherwise.
- No food, drink, mints/gum, chewing tobacco, or cigarettes the morning of procedure.
- Wear comfortable, loose fitting clothes. Do not wear jewelry or bring valuables. You may leave these items at home, or with your family members. We do not provide storage for them.
- Please bring:
 - list of current medications
 - Photo ID and Insurance Card

Depending on your insurance, a portion of payment may be requested at the time of registration. If questions, call LMH Pre-Service at 785-505-3762.