

Colonoscopy Instructions (Constipation)

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

Your procedure is scheduled:

Date: _____

Location: LMH Health
330 Arkansas Street, 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 at 785-505-2250** 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, 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 over-the-counter herbs or other dietary supplements for three days prior to your appointment to help with your prep and prevent medication interactions.
- Please try to avoid eating nuts or seeds during the five days prior to your prep.
- If you have recently had surgery or been hospitalized, please call our office and speak with a nurse.
- Purchase the over-the-counter supplies for your prep (listed below), at a pharmacy or grocery store.

Buy the following supplies:

- One 238 gram bottle of Miralax or Glycolax (polyethylene glycol powder)
- Two 10 ounce bottles of magnesium citrate (**not red**)
- Eight Dulcolax (bisacodyl) tablets – laxative, not stool softener
- 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, or red/purple in color. No 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
- Black coffee (no cream/sugar)
- Tea
- Sports drinks
- Clear soda (7-up, Sprite, ginger ale)
- Popsicles
- Jello
- Broth (no noodles)
- Apple or white grape juice (without pulp)

8 a.m. Take four Dulcolax (bisacodyl) tablets with eight ounces of water.

9 a.m. Drink 10 ounces of magnesium citrate.

Noon Take four Dulcolax (bisacodyl) tablets with eight ounces of water.

1 p.m. Drink 10 ounces of magnesium citrate. Continue to drink clear liquids as tolerated throughout the evening.

6 p.m. Mix the Miralax with 64 ounces of water or clear liquid. Drink 32 ounces within four to six hours. Save the other 32 ounces 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 of 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

Four hours before arrival time, drink the remaining 32 ounces of Miralax mixture within a two-hour period. You should be finished two hours before your arrival time. You may drink **water** up to two 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 the 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:
 - A list of your current medications
 - A photo ID and your insurance card

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