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COLONOSCOPY INSTRUCTIONS

Colonoscopy is a procedure for examining the walls of the colon, or large intestine.

The instrument used is a flexible tube containing a small hollow channel and a light and lens system that permits visual and photographic inspection of the colon and the performance of some minor surgical procedures, i.e., biopsy, hemostasis, injection of medication, dilation, removal of polyps, etc. Sedatives are given.

The procedure lasts about an hour, but may be shorter or longer depending on what is found and what needs to be done. The recovery period after the procedure is usually about 30-60 minutes.

Since you will be sedated from the procedure discomfort will be minimal, but the administration of sedation **requires that you have an escort to take you home after the procedure** or it will be canceled. Taxis or Uber are NOT acceptable.

RISKS: No procedure can guarantee 100% diagnostic accuracy and all involve some risk. Serious complications are rare and consist of tearing, injuring, or perforating the wall of the colon, bleeding, infection, or a bad reaction to medication. These complications and occurrences are rare.

More commonly, you may experience a sensation of fullness or cramping after the procedure.

If you have questions or concerns about your procedure, please contact our office.

If you need to cancel your appointment, we ask, as a courtesy, that you give us advance notice so another patient can be given your time slot. Failure to do so may result in an administrative fee charge.

Your appointment: Date: ____/____/____ Time: ____:____ AM / PM

Locations: 60 Goldens Bridge Road, Katonah, NY – Lower Level
 Northern Westchester Hospital (400 E Main St. Mount Kisco, NY) 1st floor Endoscopy suite

Please note that endoscopic procedures are not done at any of our other locations.

The purpose of the bowel "preparation" (instructions on next page) is to cleanse your colon. A clean colon is necessary for us to provide a safe, comfortable, and accurate examination. Failure to perform your colon cleanse properly could result in stopping the procedure without completing it or repeating the procedure on a different date. Please do not hesitate to call us if you have any questions.

ARRIVE AT: ____:____ AM / PM

COLONOSCOPY – PEG 3350 OR MiraLax Prep

Three Days Before the Procedure: Stop taking medications that stop blood from clotting

STOP TAKING all aspirin-containing products and OTC anti-inflammatory products i.e., Ibuprofen, (Advil), Aleve, any blood thinning medications (i.e., Coumadin/Warfarin, Predaxa). **Tylenol** is OK to take.

Please Note:

- All other medications including heart and blood pressure medication should be taken as usual, even on the day of the procedure, with a sip of water (up to 2 hours before procedure time).
- **Diabetes Medications:** Some should not be taken the day before the procedure (Glyburide, Glipizide, long acting Insulin). Some should be taken the day before (Metformin, short-acting insulin dosed based on finger-stick). Please ask us if not sure.

Two Days Before the Procedure: Purchase Medications (Medications are over-the-counter – No Prescription Needed)

- One (1) bottle of Polyethylene Glycol 3350 (other name PEG3350 or MiraLax. Purchase 14 dose size.
- It is available in a 14-dose bottle
- Two Bisacodyl 5mg tablets
- One 64 oz. (2 quart) bottle of Gatorade or other CLEAR liquid of choice

Generic equivalents or store brands of these products are acceptable.

One Day Before the Procedure:

You will need to follow a clear liquid diet this entire day, UNLESS your procedure is scheduled AFTER 12 PM, then you may have a LIGHT breakfast (avoid dairy) and continue with a clear liquid diet for the rest of the day. Clear liquids include juices without pulp (apple, grape, cranberry), water, Jell-O, broth soup with pasta but no vegetables (for lunch only). For the complete list, you can go to www.mayoclinic.com/health/clear-liquid-diet/MY00742 or type "Clear liquid diet for Colonoscopy" in Google search for multiple references.

Bowel Prep: Mix 14 doses of PEG 3350 (MiraLax) in 64 oz. of Gatorade or clear liquid of your choice and refrigerate.

- At 4 PM take the two 5mg Bisacodyl tablets with 8 oz of clear liquid.
- At 6 PM drink one 8 oz glass of the MiraLax solution every 10-15 minutes until one half (1/2) of the bottle is finished.
- Continue to drink as much clear liquid as possible until bedtime.

The Morning of the Procedure:

- Complete the remaining half of the PEG3350 solution with any additional clear liquid **2 1/2 hours before your scheduled time. DO NOT HAVE ANYTHING BY MOUTH AFTER THAT TIME.**
- Arrive at least 30 minutes before your scheduled procedure time.

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CLEAR LIQUID DIET

A clear liquid diet consists of the following items:

- ✓ Clear Soda (Ginger Ale, 7 Up, Seltzer)
- ✓ Clear Juices without Pulp (apple, white grape, blueberry)
- ✓ Coffee or Tea (without milk or cream)
- ✓ Gelatin (Jell-O – No red or purple)
- ✓ Broth
- ✓ Iced Tea
- ✓ Water

Avoid:

- ✓ Avoid red or purple colored liquids
- ✓ Avoid juices with pulp (orange, grapefruit, etc.)
- ✓ Avoid milk and dairy products
- ✓ Avoid smoking on the day of your procedure