

Colonoscopy Prep



Before Your Procedure: Purchase these supplies from a drug store (no prescription is needed):

- Four tablets of 5 mg bisacodyl laxative pills (not suppositories, not stool softeners). Example: Dulcolax®
- One 8.3 oz (238 grams) bottle of polyethylene glycol 3350 powder. Example: MiraLAX®
- Three 80 mg OR two 125 mg tablets, chewables, or softgels of Simethicone. Example: GasX
- 64 ounces of your favorite light colored / clear (not red) sports drink or beverage. Examples: Gatorade®, Powerade®, Crystal Light®, Kool Aid®
- If the prep has made you nauseous in the past, ask for a prescription for anti-nausea medication.
- If you have diabetes, contact your primary care provider for glucose management instructions.

7 Days Before Your Procedure:

- STOP taking GLP-1 Agonist weekly injectables (examples: Trulicity, Ozempic, Weygovy, Bydureon, Mounjaro) and daily oral tablets (example: Rybelsus).
- STOP taking these appetite suppressants: Phentermine, Qsymia®, Contrave®.

5 Days Before Your Procedure:

- Start a low fiber diet.
- STOP taking iron supplements.
- STOP taking aspirin/baby aspirin, ibuprofen, or arthritis drugs, until your procedure, or your procedure may be rescheduled. You may take acetaminophen.

4 Days Before Your Procedure:

- STOP taking SGLT-2 Inhibitor daily oral tablets (examples: Invokana, Farxiga, Jardiance, Steglatro).

1 Day Before Your Procedure: Do not eat solids for the entire day, and completely drink prep mixture.

- STOP taking GLP-1 Agonist daily injectables (examples: Byetta, Victoza, Saxenda).
- Only drink clear liquids from this list:
 - Water
 - Gatorade/Powerade (light colored; not red)
 - Clear soda (7-Up, Sprite, or Ginger Ale)
 - Coffee or tea (non-dairy powder creamer and sugar allowed)
 - Clear fruit juices without pulp (apple or white grape)
 - Jell-O®, Popsicles®, hard candy (not red)
 - Bouillon or broth
- Do not eat or drink anything that does not appear on the list above.

1:00 PM

- Swallow 4 bisacodyl laxative pills (Dulcolax).
- Mix the entire bottle of polyethylene glycol 3350 powder (MiraLAX) into the beverage until the powder is completely dissolved.

3:00 PM

- Drink the beverage/powder mixture until it is gone.
- Swallow three 80 mg OR two 125 mg Simethicone tablets, chewables, or softgels (GasX).

What to expect when the prep starts working: Plan to be near a bathroom. The prep usually begins working within an hour but may take a few hours. You will develop significant diarrhea. This is normal as it means the medication is working. It's important to completely finish drinking the powder mixture, even after the diarrhea starts. It's normal to feel mild bloating and mild abdominal cramps. Drinking the prep slower can help ease these symptoms. If you become nauseated or vomit, take a break and then resume drinking the mixture. After finishing the mixture, continue to drink fluids from the clear liquid list to avoid dehydration and light headedness. Your stools should be liquid and light yellow or clear.

TIP! Put it into the refrigerator. It takes better chilled.

TIP! Using a straw may help improve tolerance.

Day of Your Procedure: Do not eat any solid foods. You may drink clear liquids up to two hours before your arrival.

If your bowel movements are not liquid (if they are still solid or mostly brown) two hours prior to your arrival time, call **Same Day Surgery** at **320-864-7724** to reschedule your colonoscopy. Leave a voicemail if no one answers, and a staff member will call you back.

If you have questions, call Same Day Surgery at 320-864-7724.

5 Days Before Colonoscopy – Low Fiber Diet

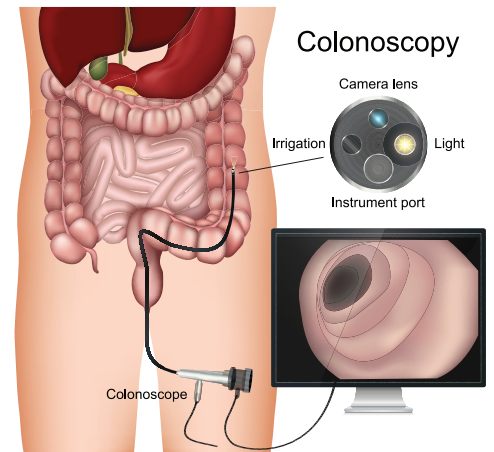
Food Group	Foods Allowed	Foods to Avoid
 Milk and Dairy	<ul style="list-style-type: none"> ▪ Milk ▪ Plain ice cream or plain yogurt (no nuts, seeds, fruit) ▪ Cheese and cream 	<ul style="list-style-type: none"> ▪ Yogurt with fruit ▪ Dairy products if you are lactose intolerant
 Beverages	<ul style="list-style-type: none"> ▪ Coffee, tea, or hot chocolate ▪ Fruit drinks without pulp, such as apple juice ▪ Boost® or Ensure® without added fiber 	<ul style="list-style-type: none"> ▪ Beverages with pulp or seeds, such as orange or grapefruit juice ▪ Prune juice ▪ Nutritional supplements with fiber
 Breads, cereals, and starches	<ul style="list-style-type: none"> ▪ Refined breads, rolls, bagels, muffins, English muffins, crackers, or pancakes ▪ Cream of wheat or rice, Cheerios™, Corn/Rice Chex™, Cornflakes, or Rice Krispies™ ▪ Potato without skin ▪ White rice or refined pasta 	<ul style="list-style-type: none"> ▪ Whole grain breads, cereals, and crackers ▪ Oatmeal or granola ▪ Brown rice or wild rice ▪ Bran, barley, or potato skins
 Fruits	<ul style="list-style-type: none"> ▪ Canned or cooked fruit without skins or seeds (peaches, pears, apricots, or apples) ▪ Applesauce ▪ Ripe banana 	<ul style="list-style-type: none"> ▪ Raw fruit (bananas are okay) ▪ Canned pineapple, oranges, grapefruit sections, mixed fruit, or dried fruit ▪ Berries, melons, or whole cranberry sauce ▪ Avocado, coconut
 Vegetables	<ul style="list-style-type: none"> ▪ Tender, well-cooked fresh, canned, and frozen vegetables without seeds (green beans) 	<ul style="list-style-type: none"> ▪ Raw vegetables ▪ Tough, fibrous cooked vegetables, such as: corn, sauerkraut, cabbage, asparagus, broccoli, cauliflower, peas, squash, etc.
 Meat and meat substitutes	<ul style="list-style-type: none"> ▪ Cooked and tender fish, poultry, beef, pork, ham ▪ Eggs or bacon ▪ Fish, seafood, or tuna ▪ Smooth peanut butter and other smooth nut butters 	<ul style="list-style-type: none"> ▪ Hot dogs, salami, or cold cuts ▪ Dried beans, peas, or lentils ▪ Crunchy-style peanut butter
 Misc.	<ul style="list-style-type: none"> ▪ Salt, sugar, or ground or flaked herbs and spices ▪ Mustard, soy sauce, and vinegar ▪ Jelly ▪ Fats (butter, margarine, oils, dressing, gravy, and mayonnaise) ▪ Desserts made with white flour, sugar, hard candies, marshmallows, and/or syrup ▪ Soup made with allowed vegetables, white rice and/or refined pasta 	<ul style="list-style-type: none"> ▪ Pepper or seed spices ▪ Seeds, nuts, or popcorn ▪ Jams or preserves ▪ Pickles or olives ▪ Desserts made with whole grain flours, bran, nuts, dried fruit

ABOUT COLONOSCOPY

A colonoscopy is an exam used to detect changes or abnormalities in the large intestine (colon) and rectum.

During a colonoscopy, a long, flexible tube (colonoscope) is inserted into the rectum. A tiny video camera at the tip of the tube allows the doctor to see the inside of the colon. If needed, polyps or other abnormal tissue can be removed through the scope during a colonoscopy.

Before a colonoscopy, you will need to prepare by emptying out your colon. It's important to clean out the colon as much as possible so the provider can see the inside clearly and get good pictures.



BEFORE YOUR PROCEDURE

- ❑ Glencoe Regional Health will contact your insurance company to see if a prior authorization is required. Many insurance companies require us to notify them of your date of procedure prior to it being completed. This can take 7-10 days to verify benefits and process these requests. If we experience delays with your insurance, we may need to reschedule your procedure. If your procedure is self-pay or has been denied, a financial representative will call and discuss your options.
- ❑ When you schedule your colonoscopy, our team will notify you if a pre-operative History and Physical (H&P) is required. You will need to complete your pre-op physical within 30 days of your procedure.
- ❑ For your safety, arrange for a responsible adult to take you home and remain with you for 24 hours after discharge.
- ❑ If you develop a cold, cough, fever, or flu, please call us at 320-864-7724 to determine if your procedure needs to be rescheduled.
- ❑ **Discuss a plan with your primary care provider if you:**
 - Have diabetes, for glucose management instructions
 - Take supplements or herbal medications
 - Take blood thinning medications such as Coumadin® (warfarin), Plavix® (clopidogrel), Eliquis® (apixaban), Lovenox® (enoxaparin), Pradaxa® (dabigatran etexilate), Xarelto® (rivaroxaban) or aspirin/baby aspirin. Please call the surgery department as soon as possible at 320-864-7724 if your primary care provider does not approve a temporary stop of your blood-thinning medications.
 - Also discuss risks and potential complications of this procedure
- ❑ We will call you 2-3 days before your procedure with pre-operative instructions and your arrival time.

DAY OF YOUR PROCEDURE

- Refrain from all drug use, including marijuana products. A positive drug screen may cause your procedure to be rescheduled.
- Do not drink alcohol, smoke, vape, or chew tobacco.
- Wear loose clothing.
- Do not chew gum or consume hard candies, cough drops, or mints.
- Do not take Tums, Mylanta, or Rolaids.
- Do not wear contacts, make-up, false eyelashes, or nail polish.
- Remove all jewelry and body piercings.
- Hair extensions with metal fasteners must be removed.
- Do not bring valuables.
- Bring your crutches and/or walker.
- Bring your CPAP machine, eyeglasses (with case), hearing aids, and dentures.
- If you have an implanted pacemaker or cardioverter-defibrillator (AICD), bring your wallet card with you.
- Bring your remote control, if you have a nerve stimulator.
- Bring your Health Directive, if it's not already on file.
- Bring a list (or containers) of all of the prescriptions and over-the-counter medications.
- Bring your photo ID and insurance cards.
- Arrive at your scheduled time.
- Come to the reception desk at the hospital entrance. Family members are encouraged to wait during the procedure and be available for consultation afterwards.
- Females: If you have not yet gone through menopause, we will perform a urine pregnancy test. If you can't wait to use the restroom until after you arrive at the hospital, or are unable to provide us with a urine sample, we may take a blood sample instead. Do not, however, try to achieve a full bladder by drinking liquids the morning of.
- If your blood glucose is too high (200 mg/dL) prior to surgery, there may be a higher risk of complications and may be a factor in postponing your procedure.

AT THE HOSPITAL

1. Before the procedure, you will get a hospital gown and nonskid socks to wear. The nursing team will start an intravenous (IV) line.
2. You will meet with your provider. They will explain the procedure and answer any questions you may have.
3. You will meet with your nurse or nurse anesthetist. They will review your medical history with you and talk about the type of anesthesia you will receive.
4. You will be brought into the procedure room on a cart. You will lie on your left side with your knees bent.
5. Your nurse or nurse anesthetist will use your IV line to give you medication to begin your sedation. Once adequate sedation is achieved, your provider will place a colonoscope into your rectum. The colonoscope is connected to a video monitor, where your provider can see the inside of your colon. Your provider will use carbon dioxide and water to move the colonoscope along the length of your colon and look for any abnormalities.
6. You may feel mild cramping during the procedure. You can reduce this by taking several slow, deep breaths.

AFTER YOUR PROCEDURE

- Family members are encouraged to wait during the procedure and be available for consultation afterwards.
- Your driver must meet you in Same Day Surgery to drive you home and remain with you overnight.
- You will stay in a recovery room for approximately 30 minutes to 1 hour. Your nurse will monitor your heart, breathing, and blood pressure.
- Once you're fully awake, your nurse will remove your IV and explain discharge instructions to you and your driver.
- Many people feel bloated and have stomach cramps. This is normal and goes away by passing gas.
- You may begin eating light foods after you are discharged.
- Work your way up to a normal diet. If your provider wants you to limit your diet for a time period, they will tell you.
- Do not drink alcohol for 24 hours.
- Do not plan on working, using power tools, driving, or using social media for 24 hours. You will be impaired and may not make good or safe decisions.
- If you had a biopsy, it's normal to have a small amount of bleeding from your rectum. There should be no more than a few drops of blood, and the bleeding should stop within 24 hours after your procedure.
- If biopsies were taken, your provider will notify you of the results within 10 days. If your test results indicate the need for further care or follow-up, we will notify you as soon as possible.

*Interpretive services are available.
Tenemos intérpretes de español.*



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