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COLON RECTAL SURGERY
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Please report to the admissions department 30 minutes before your exam unless otherwise instructed. Please bring your insurance cards and your referral if your insurance company requires one.

You must bring someone (a friend or family member) to drive you home after the procedure. Failing to do so will cancel the procedure. No taxi cabs, bus, van service or limo service, etc.

Do not take any aspirin or ibuprofen products or prescription medications for arthritis for 5 days before the exam. You may take extra strength Tylenol. You need to inform our office if you are taking any medication to thin your blood including Plavix and Coumadin. If you are on Coumadin, please call the physician who manages your medication and call our office immediately.

If you are diabetic, please call the physician who manages your diabetes for instructions regarding diet and medication.

If you have other conditions such as mitral valve prolapse, heart murmur, artificial heart valve or joint replacement within the last year, please check with your physician to see if he or she recommends the use of prophylactic antibiotics.

If your insurance company requires a referral, please be sure you have one and bring your copy with you.

Please follow the enclosed prep instructions.

Do not hesitate to call our office if you have any questions or concerns regarding the preparation or procedure.

Clear liquids include: Clear soda such as 7-up or ginger ale, clear broths and bouillon, clear fruit juices such as white grape, apple, white cranberry. You may have jello, popsicles or Gatorade.

No “pulpy” juices like orange or grapefruit.

Nothing with RED or PURPLE coloring.

No dairy products.

You may have black coffee or tea.

PREP INSTRUCTIONS

Your _____ is scheduled on _____

At _____

Arrival time

You must have someone drive you home after the exam!! No Taxi or Bus.

Purchase : 3 Dulcolax Laxative tablets.
1 bottle of Miralax, 238 grams
64 oz bottle of Gatorade, no red or purple.

TWO DAYS BEFORE THE PROCEDURE

At 7:00 pm take 3 Dulcolax tablets.

DAY BEFORE THE PROCEDURE

You will be on a liquid diet all day. Do not eat!! See enclosed list clear liquid diet.

At 4:00 pm, mix the entire bottle of Miralax with 64 oz of Gatorade or any approved clear liquid. See the enclosed list explaining clear liquids. Nothing red or purple.

At 5:00 pm, start drinking the Miralax / Gatorade mix. Drink one 8 oz glass every 15 minutes. You will drink 4 8oz glasses at this time.
(Occasionally, some patients may develop severe nausea. The best remedy for this is to take a one hour break from drinking and then resume at a slower rate.)

At 9:00 pm, drink the rest of the Miralax solution one 8oz glass every 15 minutes.
This will finish the prep

AFTER YOUR PROCEDURE

Most patients can resume a regular diet that day and normal activities the next day. You cannot drive, make legal decisions, work, or care for anyone who is too young or too incapacitated to care for themselves.

What is a colonoscopy?

It is a safe, effective means of visually examining the full lining of the colon and rectum, using a long flexible, tubular instrument. It is used to diagnose colon and rectal problems, to perform biopsies, and remove colon polyps. Most colonoscopy's are done on an outpatient basis with minimal discomfort and inconvenience.

Who should have a Colonoscopy?

Your physician may recommend a colonoscopy exam if you have had a change in bowel habits or rectal bleeding. This can possibly indicate a problem in the colon or rectum.

A Colonoscopy is also necessary to:

- Check unexplained abdominal symptoms
- Check inflammatory bowel disease (colitis)
- Verify findings of polyps or tumors located with barium enema
- Examine patients who test positive for blood in the stool
- Monitor patients with a past history of colon polyps or cancer
- Screen patients with a family history of colon or rectal cancer

How is a colonoscopy performed?

The bowel must be thoroughly cleaned of all residues before a colonoscopy. This is done 1 -2 days prior to the exam and is referred to as a "bowel prep".

The colonoscope is inserted thru the rectum and is advanced to the portion of the colon where the small intestine enters. The physician carefully examines the colon for any sign of disease or polyps that may be present. A biopsy will be performed on any polyps that are removed at that time.

The entire procedure usually takes less than an hour. A mild sedative is given to relieve anxiety and discomfort. You may experience some bloating and gas pains following the exam. This usually goes away with the expelling of gas. Most patients can resume a regular diet that day and normal activities the next day. There is no driving allowed, no legal decisions should be made, no work and no care for anyone who is too young or too incapacitated to care for themselves on the day of the exam.

What are the benefits of Colonoscopy?

With colonoscopy, it is now possible to detect and remove polyps without abdominal surgery. Colonoscopy is more accurate than an x-ray to detect these polyps or early signs of cancer.