

Colonoscopy Bowel Preparation Instructions

A colonoscopy is an exam of your colon (large intestine). It's done by a gastroenterologist (doctor who treats problems with digestion). The Gastroenterologist will use a colonoscope to see the inside of your colon. This is a flexible tube with a camera on the end. The images will appear on a video monitor.

During your procedure, your healthcare provider can:

- Do a biopsy (take small tissue samples) to check for cancer cells
- Remove polyps (growth of tissue).
- Take photos of the inside of your colon.

MiraLAX

Important: Please read the following information carefully. If preparation instructions are not followed, your procedure will need to be rescheduled. If you do not understand the instructions in this handout, please call 406-898-1200 and we will answer any questions you may have.

Medications

- Discuss medications you are taking with your prescribing doctor. Your prescribing doctor will provide instructions for how to appropriately adjust your medications prior to your procedure.
- Examples of medications that potentially need to be adjusted are blood thinners, diabetes medications, and insulin.
- Automatic Implantable Cardioverter-defibrillator (AICD): Tell your doctor if you have an AICD. You will need a clearance letter from your cardiologist prior to the procedure.
- If medication doses have not been appropriately assessed by the prescribing doctor your procedure will be rescheduled. Please call 406-898-1200 if you have any questions.
- Please contact 406-898-1550 if your prescribing physician does not allow you to hold your anticoagulants/blood thinners 3 days prior to the procedure.



Appointment Details

Date of Procedure:

Check-In Time:

The Surgery Center will contact you the business day before to confirm your check in time.

- **To reschedule or cancel your procedure, please contact the surgery center scheduling team at 406-898-1430 between 8:00am-5:00pm Monday-Friday.**

LOCATION: Billings Clinic Bozeman Surgery Center 3905 Wellness Way Bozeman, MT 59718

Your procedure will take place in the Billings Clinic Bozeman Surgery Center and take about 2-3 hours from check-in to discharge.

If you're from out of town, please call 406-898-1550 to review your options for bowel prep as long travel times can sometimes prove difficult in the process.

Transportation

You cannot drive yourself, take a taxi, uber or leave the endoscopy unit alone.

Arrange for a friend or family member (must be 18 yrs+) to stay during your entire procedure and take you home. Upon check-in, if you do not have a driver with you, your examination will be rescheduled. If you have questions, please call 406-898-1200.

What to Bring

Your wallet, insurance information, AICD card if applicable, your rescue inhaler (albuterol, etc.) if applicable, a case for your glasses, and your Healthcare Proxy form if you have one.

3 Days Prior to Procedure

Begin eating a low residue diet. A low residue diet consists of refined grain products such as white bread and pastas, white rice, juices without pulp, meat, fish, and eggs. A low residue diet limits the amount of high fiber foods you consume. Please do not eat nuts, whole grain breads, bran, seeds, broccoli, cauliflower, brussels sprouts, or dried fruit.

Stop all blood thinners, NSAID's (Ibuprofen, Aleve, etc.), iron supplements, and Vitamin E. You can take Tylenol. Please notify your Primary Care Provider or Cardiologist prior to stopping blood thinning medications.

- Please contact 406-898-1550 if your prescribing physician does not allow you to hold your anticoagulants/blood thinners 3 days prior to the procedure.

2 Day Prior to Procedure

If you answered yes to either of the following questions, switch from a low-residue diet to a full-liquid diet. If you answered no to both questions, please continue with a low-residue diet (see above).

1. Have you had a colonoscopy with a poor prep (stool in your colon) in the past?
2. Do you take narcotic (opioid) medications or have severe constipation? Examples of opioids include Fentanyl, morphine, hydrocodone (Vicodin), Oxycodone (Oxycontin, Percocet). If you are unsure, please ask your prescribing healthcare Provider.

IF you answered YES to Both questions, please follow the below:

- Switch to a full liquid diet 2 days prior to your procedure.
 - A full liquid diet consists of Yogurt (without any fruit pieces), fruit juices without pulp, cream soups (without any vegetable pieces), broth nutritional supplements, ice cream and fruit ices.
 - No pieces of fruit, nuts, fudge, vegetable pieces, or peanut butter

1 Day Prior to Procedure

Begin a clear liquid only diet. A clear liquid diet consists only of liquids that you would be able to read a newspaper through. You may not drink alcohol the morning of your procedure. **No solid food, no dairy products, no alcohol. No red, purple or blue Jell-O/juices/or other liquids.**

Clear Liquid Diet Includes

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape)
- Clear carbonated soft drinks
- Clear Sports drinks such as Gatorade.
- Coffee or tea (without milk or cream)
- Jell-O

Please follow these instructions to begin the colon split prep medication.

Purchase supplies at the pharmacy

- one 238-gram bottle of MiraLAX
- 4 Dulcolax tablets (bisacodyl)
- 64 oz of Gatorade - No red, purple or blue.

2. Prepare your bowel prep mixture in the morning. Mix the MiraLAX with the Gatorade and refrigerate.

Day Prior to Procedure

3. At 3:00 pm take 4 Dulcolax Laxative tablets (bisacodyl).

4. At 5:00 pm, begin drinking the refrigerated solution. Drink one 8oz glass every 15 minutes for 4 glasses.

Day Prior to Procedure Continued

5. You may have clear liquids after finishing half of the prep.
6. Complete drinking your bowel preparation.
7. A minimum of 5 hours before your procedure drink the remaining 4 glasses of prep solution. Please drink a lot of water and clear fluids while doing your prep.

If for any reason you are unable to finish the solution or have problems with it, please call 406-898-1200.

5 Hours Before Procedure

Stop drinking all clear liquids and no medications. **This means that you should have nothing to eat or drink 5 hours before your colonoscopy.**

What to expect after consuming MiraLAX

- You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating, mild abdominal cramps, and chills. This is normal. Drinking the prep medication more slowly and longer can help alleviate these symptoms.
- A successful colon prep will cause you to have clear yellow (“tea-colored”) liquid stools.
- Please finish your preparation regardless of your stool color, this will ensure proper colon preparation.
- Stay hydrated with clear liquids throughout the day in addition to what you drink with your bowel prep medication to prevent dehydration.
- If you are unable to tolerate the prep, please call 406-898-1200.

What to Expect after your colonoscopy procedure

You will spend time in your post-procedure room where our nursing staff will monitor and care for you. Once it is felt safe, you will be able to leave with your driver. You will receive a printed copy of your colonoscopy procedure for your own records. Once home, you may resume your normal diet and medications. Due to the medications given during the procedure. Do not drink alcohol for 24 hours after your procedure.

We recommend you do not work, shop, or drive for the remainder of the day. You may resume your normal activities 24 hours after your procedure. You will receive a phone call the following day from our nurses to check on you.

If you had a biopsy, it is normal to have a small amount of bleeding (no more than a few drops of blood) from your rectum. The bleeding should stop within 24 hours after the procedure.

- If you were not scheduled for a follow up appointment with the GI clinic after having a biopsy or follow up was part of your discharge instructions, please call 406-898-1200 to schedule with the GI clinic.

Following your colonoscopy, your bowel movements may be small, irregular, or different from usual. This may last up to a week after your procedure. You may also experience gas and bloating for a few days after your procedure.

Important Reminders

- **Please complete your entire bowel preparation.**
- It is crucial that you contact your prescribing physician about adjusting your medications prior to your procedure. For example, blood thinners and diabetes medications must be adjusted.
 - Take only medications your healthcare provider told you to take the morning of your procedure.
- You cannot leave by yourself or drive home. You will need a person (18 yrs+) present the entirety of your procedure, from check-in to discharge, that will drive you home.
- One day prior to your procedure drink clear liquids only. Nothing to drink or eat 5 hours before your procedure.

- No lotion, cream, powder, makeup, perfume, or cologne the day of your procedure.
- Remove any jewelry, including body piercings.
- Leave valuable objects (such as credit cards and jewelry) at home.
- If you wear contact lenses, wear your glasses please. Please bring a case for your glasses.

When to Call your Healthcare Provider

- Call your Healthcare Provider or go to the Emergency Room if you have any of the following:
 - A fever of 101 degrees Fahrenheit (38.3 degrees Celsius) or higher
 - Severe stomach pain that is not related to gas pains.
 - Abdominal or stomach hardness/rigidity
 - Weakness, faintness, or nausea
 - Bleeding from your rectum that lasts more than 24 hours.
 - Heavy bleeding from your rectum
 - Complete absence of a bowel movement for more than 3 days post procedure
 - Any other questions or concerns please contact us at 406-898-1200.