

## GREATER BOSTON GASTROENTEROLOGY

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## SPLIT DULCOLAX / MIRALAX PREPARATION FOR COLONOSCOPY

You are scheduled for a **colonoscopy** on: \_\_\_\_\_ at: \_\_\_\_\_.

Please check in at: \_\_\_\_\_.

### ***MetroWest Medical Center***

67 Union Street  
Surgical Daycare / 3rd floor  
Natick, MA 01760

### ***Boston Endoscopy Center***

175 Worcester Street  
Wellesley Hills, MA 02481

### ***Marlborough Hospital***

157 Union Street  
Marlborough, MA 01752

### ***MetroWest Medical Center***

115 Lincoln Street  
Endoscopy Dept. 1<sup>st</sup> Floor  
Framingham, MA 01702

### ***Charles River Endoscopy***

571 Union Avenue  
Framingham, MA 01702

**Please read the materials in this packet as soon as you get them - do not wait until the day of your test. This is important because some of your preparation begins one week before the day of your test.**

1. It is extremely important that you make arrangements to have a responsible adult available to take you home after your procedure. **You may not drive yourself home after the test.** If you take a cab, someone must ride home with you in the cab (in addition to the cab driver). This is a policy that is strictly enforced for your safety. No exceptions are made unless you plan to undergo the procedure without sedation. If you wish to do this, you should discuss with your doctor in advance.
2. You must have the entire day off, no working, no driving, and no plans. You will receive sedatives for your procedure. As you recover from the sedatives, you should not go back to work or school and you should not make important decisions. If you normally care for children or disabled relatives, get help with these responsibilities on the day of your test.
3. Please bring with you to your procedure a list of all of your current medications.
4. **A \$50.00 cancellation fee will be billed directly to the patient for any appointment not cancelled with a 48 hour notice.**

**When this procedure was scheduled, the insurance on file for you was:** \_\_\_\_\_

**If your insurance changes, you must notify the office at 508-620-9200 at least 14 days prior to your procedure. You will be responsible for any charges due to lack of correct insurance information.**

If your colonoscopy has been scheduled for screening (you have no symptoms with your bowels\*), and your doctor finds a polyp or tissue that has to be removed during the procedure, this colonoscopy is no longer considered a screening procedure. It is considered a surgical procedure and your insurance benefits may change. Please check with your insurance company prior to starting the bowel preparation to assure that you understand your insurance benefits and coverage.

\*Symptoms such as change in bowel habits, diarrhea, constipation, bleeding, anemia, etc.

Preparation of your bowel for colonoscopy consists of a complete flushing of all waste material prior to the examination. Please follow these instructions completely. If you have any questions regarding the preparation, do not hesitate to call us.

There are some very important facts that you need to be aware of:

- 1) Obtain four (4) Dulcolax tablets **and** one (1) 238 gram bottle of Miralax from any pharmacy. You do not need prescriptions.
- 2) Purchase one (1) 64oz bottle of any flavor Gatorade (except red or purple).
- 3) If you take **Coumadin or Warfarin**, in general it will need to be discontinued five days before the procedure.
- 4) If you take **Plavix**, in general it will need to be discontinued seven days before the procedure.
- 5) **Important** – do not stop taking any medicine that a doctor has asked you to take without talking first with that doctor. He/she may want you to continue to take the medicine even during your preparation for procedure. If this is the case, please let us know as special arrangements, including a possible pre-procedure office visit may be necessary. Your prescribing physician may need to speak to one of our doctors. This is particularly important for patients on insulin or other diabetes medications and those on Coumadin, Warfarin or Plavix. Do not assume that it is safe to stop one of these medications even if you have done so before.
- 6) You should continue taking all other regular medications, even on the day of the examination.
- 7) It is very important that you drink extra fluid on the day that you are completing your bowel prep. This helps avoid complications such as dehydration, dizziness and fainting.
- 8) If you regularly use a CPAP machine for treatment of **Sleep Apnea**, please bring it to the hospital/endoscopy center the day of your procedure.
- 9) If you have **Diabetes**, preparing for a procedure involves some temporary changes in your diet. It is important that you know how to adjust your insulin or your oral medicines during this time.
  - a) On the day before your test, you will be restricted to a clear liquid diet. On this day, most patients find that they do not need to adjust their **insulin** they normally take during the day.
  - b) If you take **oral diabetes medication** for your diabetes, you should not take it the day before or the night before your procedure.
  - c) On the day of your test, you will not be eating or drinking for several hours. If you use **short-acting insulin**, you should not take it on the morning of the test. If you use **longer-acting insulin** in the morning, please take ½ your usual dose.
  - d) If you take an **oral diabetes medication**, please do not take it until after your procedure is over.

**If you are unsure about whether to change your medication dose(s) the day/night before the test, please call the doctor who takes care of your diabetes for advice.**

### **ONE WEEK PRIOR:**

- **Do not** take aspirin, aspirin-containing medications, Ecotrin, Bufferin, Anacin, Advil, Aleve, Nuprin, Motrin, Ibuprofen, other anti-inflammatory medications for seven days prior to the examination. If there is a concern regarding this, please discuss with your prescribing physician.
- You may take Tylenol or acetaminophen any time before or after the procedure.
- **Do not** take iron supplementation for seven days prior to the examination.

### **THREE DAYS PRIOR:**

- **Do not** eat legumes, peas, carrots, corn, tomatoes, watermelon, or nuts for three days before your colonoscopy.

### **DAY BEFORE EXAM:**

- **CLEAR LIQUIDS ONLY ALL DAY!!**

The following items are those that may be used in a **CLEAR LIQUID** diet: **Broth, Bouillon, Ginger ale, Sprite, 7-up, Apple juice, White grape juice, Water, Popsicles, Jell-O (no red or purple colored, no fruit or cream added) Black coffee or tea (may have sugar but no milk or cream)**

- At 3:00 PM: Take two (2) Dulcolax tablets with clear liquid of your choice.
- At 5:00 PM: Mix the one (1) 238 gram bottle of Miralax in 64oz of Gatorade. Shake the solution until the Miralax is dissolved. Drink an 8oz glass of the solution every 10-15 minutes until **HALF** of the solution is gone.
- At bedtime: Take two (2) Dulcolax tablets with clear liquid of your choice.
- Before midnight, drink at least three (3) additional glasses of clear liquids.

### **DAY OF EXAM:**

- At 7:00 AM: Shake the remaining Miralax solution to reconstitute. Drink an 8oz glass of the solution every 10-15 minutes until the remaining **HALF** of the solution is gone.
- You can take clear liquids up to four hours before the procedure.

The examination will take approximately 45 minutes, but this may vary from patient to patient. After the examination is completed, you will spend approximately one hour in our recovery area.

Please keep in mind that this is an estimated appointment time. Because the time involved in each procedure is often unpredictable, and procedures are scheduled to follow each other consecutively; there are occasions when the schedule runs behind. Your patience and understanding are appreciated.

### **DAY AFTER EXAMINATION:**

You can expect to resume normal activities again unless otherwise indicated. After the procedure, you will be given instructions about diet and medications.

## INFORMATION REGARDING A COLONOSCOPY

**What is a colonoscopy?** A colonoscopy is a procedure which allows the doctor to examine the inside of the colon (also called the large intestine). Colonoscopy is a highly reliable method for determining the presence and severity of diseases of the colon. It can reveal details not seen on x-ray.

**What is a colonoscope?** The colonoscope is a flexible instrument with an optical system which allows the doctor to “see around corners”. It has a “steering” mechanism by which the lenses can be pointed in any direction and “operating” channels through which biopsies can be taken and instruments passed, if necessary. A bright light illuminates the inside of the colon after it has been inflated with air. Intestinal liquids can be removed through the instrument by suction, for better visualization.

**How is the procedure performed?** The procedure is performed on an outpatient basis. You will be given intravenous medications (versed and fentanyl, or similar medicines) to make you sedated and comfortable. You will be lying on your left side. The colonoscope will be passed into the rectum and guided through the entire length of the colon. If an abnormality is seen or suspected, a small portion of tissue (biopsy) may be removed for microscopic study. Small growths can frequently be removed (polypectomy) and vascular abnormalities can often be destroyed with an electrical current (electrocoagulation). The visual appearance of pertinent areas may be recorded on photographic film. You may experience cramping sensations as the colonoscope is moved around the corners in the colon, or as air is introduced for better visualization. We will make every effort to minimize the discomfort.

**What preparation is necessary? The colon must be thoroughly cleaned and empty at the time of the procedure. This will involve a one-day preparation, which is enclosed. Please follow it exactly.** Colonoscopy is a visual test. Unless your colon is very clean, certain abnormalities may be missed. Please be responsible about ensuring a good preparation for your colonoscopy.

**Can there be complications?** The risk of colonoscopy complications is small. Nevertheless, there is a possibility of colonic perforation or hemorrhage or adverse reaction to medications. Also, as with any procedure, other unforeseen complications may rarely occur. Please read the attached consent form. If you consent to the procedure, sign it and bring it with you to the procedure.

We hope this helps you understand better the procedure you are scheduled to have. If you have any further questions, please feel free to call us.

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