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COLONOSCOPY (MIRALAX Split Dose)

WHAT IS THE PROCEDURE?

You are scheduled for a procedure called a colonoscopy. During this procedure, after being sedated, you will lie on your left side and a flexible tube with a light and camera at the end of it will be inserted into your rectum and colon. This will allow the doctor to see the inside of your colon in order to look for any causes of your symptoms, polyps or colon cancer. In the U.S., cancer of the colon occurs in about 5% of the average risk population and up to 15% in patients with a family history of colon cancer. Colonoscopy helps find colon cancer in its early stages. Colon biopsies (small pieces of tissue) may be taken from the colon, but you will not feel this. If you have colon polyps (small growths), they will be removed and sent to the lab for evaluation. You will be at the hospital or surgery center for a total of 2-3 hours and the procedure itself takes on average 20-30 minutes. The alternative to this procedure is a virtual colonoscopy (CT scan of the colon), barium enema (x-ray) and/or sigmoidoscopy (a shorter flexible tube with a camera). However, with the alternative procedures, small polyps may be missed and if polyps are found, you will then need to have a colonoscopy to remove the polyps.

HOW SHOULD I GET READY FOR THIS PROCEDURE?

1. Please buy the following over-the-counter medications at the pharmacy: **4 Dulcolax tablets, a 238 Gram bottle of Miralax** and a 64 oz bottle of Gatorade (any color but Red) or Crystal Lite Lemon flavor.
2. Since biopsies or removal of polyps may be performed, please **STOP** the following medications (which may predispose you to bleed) **5 days before:** Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) like Ibuprofen, Motrin, Advil, Naproxen, Celebrex, etc.), aspirin, aspirin-containing medication and Warfarin (Coumadin). **STOP** Plavix, Xarelto and Eliquis **3 days before** the procedure. **STOP** Heparin or Lovenox **24 hours before** the procedure. **Please consult your physician if you have any questions about stopping the medications you are taking.**
3. **Diabetics –DO NOT** take diabetic pills or insulin on the morning of your appointment.
4. If you are on blood pressure medicine, take it with your last sip of water, the morning of the test, and bring the medication with you.
5. Be sure to tell the doctor and the nurse if you have a heart murmur or an artificial heart valve.

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6. Do not eat nuts, corn or any food with seeds (sunflower seeds, strawberries, kiwis, cucumbers, pickles, watermelons, etc.) for at least five (5) days before the procedure.

WHAT ARE THE POSSIBLE RISKS ASSOCIATED WITH THIS PROCEDURE?

The risks associated with this test are very low and include bleeding, infection, perforation (making a tear) and drug reactions since you will be sedated (made very sleepy) for the procedure. However, the chance of these adverse events occurring is less than 1%.

READ THESE INSTRUCTIONS CAREFULLY! FAILURE TO COMPLY WITH ANY PORTION MAY RESULT IN RESCHEDULING OF YOUR COLONOSCOPY. In order to make an accurate diagnosis, it is very important that your colon is absolutely clean. You must go on a clear liquid diet the day before the procedure and take the **Miralax prep** as directed. **The day before the colonoscopy, you may also have milk, cottage cheese, plain yogurt, eggs, cheese and ice cream without nuts or fruit.**

THE DAY BEFORE YOUR EXAMINATION

PLEASE FOLLOW THE INSTRUCTIONS CAREFULLY

- a) Start on the clear liquid diet. You may have apple juice, sports drink, white grape juice, tea, clear soup broth, coffee, soda pop, or Jell-O without fruit. **DO NOT USE** red Jell-O, grapefruit, orange or cranberry juices. **You may also have milk, cottage cheese, plain yogurt, eggs, cheese and ice cream without nuts or fruit. A variety is best.** You may suck on hard candy if you wish.
- b) At 5 or 6 pm, take 2 Dulcolax tablets. One hour later, mix the entire bottle of Miralax with the Gatorade or Crystal Lite. Shake until the Miralax is dissolved. You may mix the solution earlier in the day and refrigerate it if you wish.
- c) Drink an 8 oz glass about every 10-15 minutes **until half of the bottle** is gone
- d) At 9 pm, take the last 2 Dulcolax tablets and continue drinking clear fluids until bedtime or midnight
- e) Take nothing by mouth after midnight except for the other half of the solution the next morning
- f) In order to decrease the irritation to your anal region, you may apply petroleum jelly to the area prior to or while drinking the solution.
- g) **You may drink all the water you like.** Drink at least one 8 oz. portion of clear liquid before retiring, more if desired. **Drink enough water until the stool is clear yellow without brown residue.**
- h) If you don't have a bowel movement by 10 pm please call Dr DeGuzman

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THE DAY OF THE EXAMINATION:

a) At 5 am, consume the other half bottle of the Miralax solution. Drink an 8 oz glass about every 10-15 minutes until the other half of the bottle is gone. You must finish the solution within 2 hours of the procedure. **You must not drink anything 2 HOURS before your colonoscopy or we may have to delay your procedure.**

- Initially, you may begin to feel bloated but this will become more comfortable as you begin to have bowel movements. Slight abdominal cramping is also not unusual and diarrhea is expected.
- If you develop significant nausea or vomiting, stop drinking for about 30-45 minutes and then resume at a slower rate. **Finish ALL of the preparation solution!**

CAN I GO HOME AFTER THE EXAMINATION?

- You may be sleepy from the medication after the examination. Please make arrangements for a ride home after the procedure. **YOU MAY NOT DRIVE YOURSELF HOME, TAKE A TAXI, UBER, LYFT OR A BUS AFTER THE PROCEDURE.**
- You will be at the surgery center or hospital 30 minutes to 1 hour after the examination.
- After, the procedure, it is normal to feel gassy, bloated or to have mild stomach cramps. This may be relieved by walking around and/or expelling the gas and should go away after several hours.

WHERE DO I GO FOR THE PROCEDURE ?

Your procedure is scheduled on _____ at _____ and you should check in at _____ AM/PM. If your procedure is at Hoag Hospital (949)764-5538, you should proceed first to the Information Desk in the Lobby. You will then be directed to the GI Lab. If your procedure is at Hoag Endoscopy Center Newport Beach, 500 Superior Ave., Suite 120, Newport Beach (949)698-1339, Hoag Endoscopy Center Irvine, 16405 Sand Canyon Avenue, Suite 110, Irvine (949)577-9250, Newport Beach Surgery Center, 361 Hospital Rd, Suite 124, Newport Beach (949)631-0988 or Newport Beach Orange Coast Endoscopy Center, 1525 Superior Ave., Suite 114, Newport Beach (949)646-6999 then please check-in with the receptionist. The nurse will prepare you for the procedure and start an intravenous line. After the preparation, you will be brought to the Endoscopy Lab for the procedure; it will take approximately 30-60 minutes for the procedure to be performed. Allow approximately 2-3 hours for registration, preparation, the procedure, and recovery from the procedure.

Please note: Bring insurance information and/or insurance card with you at the time of the procedure. Failure to do so could result in rescheduling the procedure. Please bring a list of your medications with you to the procedure. If you cannot keep this appointment or have any questions, please call (949)650-0506. Please note that there is a \$100 fee for a missed procedure if the office is not notified 72 hours in advance.

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