

PREPARING FOR YOUR COLONOSCOPY



Lake Region
HEALTHCARE

SURGICAL SERVICES

712 Cascade St. S | Fergus Falls
(218) 736-8000

PRE-ADMISSION PHONE CALL

You will receive a call(s) from us before surgery to:

- Tell you what time to come.
- Give you instructions on when to stop eating/drinking.
- See how your colon prep is going
- Assess special needs.
- Review current medications and verify your current medication dosages.
- Answer questions.

HOW TO PREPARE YOUR COLON

Please purchase the following items of over-the-counter items to prepare for your colonoscopy:

- Four Dulcolax (Bisacodyl) laxative 5 mg tablets
- MiraLax 238 gram bottle (or generic equivalent)
- 64-ounce bottle of Gatorade (not red or purple and do not use sugar-free).

Five Days Prior to your Procedure:

1. Begin a low fiber diet. Avoid nuts, seeds, corn, raisins, popcorn, raw vegetables or dried or fresh fruit.
2. Stop taking all supplements including vitamins, iron, fiber, and products containing CBD and fish oils.

Two Days Prior to your Procedure:

1. Take two Dulcolax (Bisacodyl) tablets in the evening or at bedtime.

One Day Prior to your Procedure:

At 7am: Eat a low residue breakfast consisting of one small slice of white toast with apple jelly (no butter or margarine) with one poached or boiled egg.

At 8am: Start a clear liquid diet. Try to drink 6-8 ounces of clear liquids every hour.

At 9am: Take two Dulcolax (Bisacodyl) tablets.

At 12pm: Mix the 238 gram bottle of MiraLAX / Gatorade and shake the container until the MiraLAX is dissolved. Drink an 8 ounce glass every 30 - 45 minutes until the solution is gone.

- If you experience nausea or vomiting rinse your mouth with water and take a 15 - 30 minute break. Then continue drinking the MiraLAX/Gatorade solution more slowly.
- Continue drinking clear liquids until bedtime. Any liquid you can see through that has **no pulp and is not red or purple** is acceptable. Do not put any milk or cream in your coffee.

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- Examples of clear liquids include: clear bouillon, broth, water, tea, coffee, kool-aid, sports drinks, carbonated beverages like cola, white cranberry juice, apple juice, white grape juice, water ices, Italian ices, popsicles and Jell-O. **No sherbet or frozen fruit bars.**
- Your stool will be watery in consistency and may continue to be yellow in color due to your digestive juices. Nausea, cramping, and bloating are common side effects of the colon preparation. This is usually temporary.

ON THE DAY OF YOUR PROCEDURE:

ITEMS TO BRING:

- Health plan information, photo ID and Medicare or Medical Assistance cards.
- CPAP machine (if able)
- Comfortable, loose-fitting clothing
- Eyeglass case or contact supplies
- Medications (inhalers, rapid-acting insulin)

ARRIVAL

- Enter through the LRH Main Clinic Entrance and take the elevator to the second floor to the Same Day Surgery area.
- We will assist you to your room where you will be prepared for your procedure.

AFTER YOUR PROCEDURE:

- A nurse will monitor your physical readiness for home. Most patients are ready for discharge within an hour.
- All patients having procedures with sedation must be discharged in the care of a responsible adult driver. Failure to plan for this will require your procedure to be rescheduled.
- Due to the medications you will receive, you may not work, drive, operate machinery, or drink alcohol for the rest of the day.
- You may advance your activity as tolerated. You may feel bloated after the procedure. Walking may help reduce this.
- Drink plenty of fluids.
- Begin with a light meal and advance your diet as tolerated.
- You may resume your normal medications unless your doctor tells you otherwise.

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