

Gastroenterology Clinic  
Lawrence General Hospital – Ambulatory Care Center  
1 General Street – Level 1  
Lawrence, MA

## Colonoscopy Pre-Procedure Instruction List

It is very important to follow the colonoscopy prep instructions. If you do not follow these instructions as directed, there is a chance that your bowels will not be ready for the procedure and you will need to reschedule for another day.

### Planning for Your Colonoscopy

Please take a moment to read through all information as soon as you receive it. You can check off each item as you complete it and understand what you need to do.

- ☐ **You must complete a bowel prep, as specified by your gastroenterology provider.** If you have not received instructions on bowel prep, please call the Lawrence General Hospital Gastroenterology Clinic at **978-946-8487**.
- ☐ **Your bowel prep will be: Dulcolax and MiraLax.** Additional instructions are on the next page.
- ☐ **If you take anticoagulant medications (blood thinners), please contact your cardiologist or the prescribing doctor to get information on how to manage these while you are prepping for the colonoscopy.**
- ☐ **If you are diabetic, please call the clinic (978-946-8487) to discussion your medications before your procedure.**
- ☐ **You need to have a responsible adult driver with you at the procedure.** This person will need to be present with you at check-in and when you are discharged after the procedure. If you do not have a driver with you at check-in, we will need to reschedule your appointment. The driver will need to remain at the hospital during the procedure, which can take 1-2 hours to complete.
- ☐ **Please bring a current list of your medications with you.**
- ☐ **Please wear comfortable clothing, do not bring jewelry, contact lens, or other valuables with you.**
- ☐ **Please do not eat or drink anything after midnight prior to your colonoscopy.**

If you need to cancel or reschedule your procedure, please call the clinic immediately **978-946-8487**.

### Important:

If the bowel is not clean when you arrive for your procedure, rather than providing an incomplete examination, your procedure will be rescheduled.

**1) One Day Prior** to your procedure, complete the colon prep listed below. Please follow instructions regarding your prescription medications.

o **What you will need:**

- **4 Dulcolax 5mg tablets**, available at pharmacy without a prescription
- **1 MiraLax bottle (8oz.)**, available at pharmacy without a prescription
- **2 Gas-Ex tablets**, available at pharmacy without a prescription
- **64 oz. of water or sports drink of choice (no red flavors)**

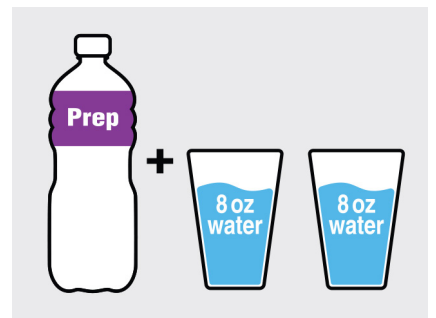
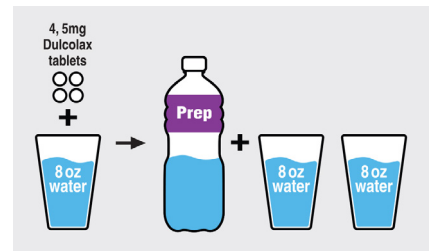


**2) Preparing your bowel prep**

- o Divide MiraLax into two portions
- o Mix each portion with 32oz. of water or sports drink of choice

**3) During your bowel prep**

- o Day before your procedure, drink clear liquids only for the entire day (clear broth, water, juice, soda, jello, popsicles, black coffee, tea)
- o Between 5:00 – 8:00 PM the night before your procedure:
  - At 5:00 PM – take **4 Dulcolax tablets** (20mg total) with an 8oz. glass of clear liquid of choice and then wait one hour
  - At 6:00 PM – drink **32oz. of the MiraLax mixture** over the next 2 hours
  - At 10:00 PM – drink remaining **32oz. of the MiraLax mixture** over 2 hours
  - Do not have anything to eat or drink after midnight, except for prescription medication in the morning, unless you have been advised differently
- o If you are taking Coumadin or other anticoagulant, please discuss with your cardiologist or prescribing doctor
- o If you are diabetic, please call us to discussion your medications before your procedure



**What to Expect:**

- ☐ You will develop very loose stools or diarrhea after drinking the prep mixture and should plan to be near a bathroom. This is normal and means the medication is working correctly to clean out your bowels.
- ☐ You may notice bloating and abdominal cramps, this is normal. You can try drinking the prep more slowly to alleviate some of these symptoms.
- ☐ Once you have completed your prep, your stool should be clear or slightly tea-colored.
- ☐ Please finish all of the prep mixture regardless of your stool color.

If you have any questions about your procedure, please call the clinic at **978-946-8487**.

## What is a Colonoscopy?

**Colonoscopy** is the visual examination of the lining of the colon (large intestine) and sometimes the end of the small intestine. A long flexible tube (colonoscope) is inserted into the rectum and advanced through the colon. Through this instrument the doctor will be able to look for any abnormalities that may be present. If indicated, small biopsies (tissue samples) may be taken, and polyps (abnormal growths of tissue) may be removed during the procedure. This is usually a painless process. This technique can also be used to control bleeding. Unless specifically requested by the patient, this examination is performed with the patient under sedation.

## Risks

The risks with colonoscopy are limited and uncommon (occurring in approximately less than 1 in 1000 cases) and include, but are not limited to: perforation needing surgery, bleeding, infection, **anesthesia** and a small chance of missing a cancer due to anatomy or preparation. Be sure to inform your nurse or doctor should you experience any severe pain, fever or bleeding after your procedure.

## Preparation

To allow a clear view, the entire colon must be completely free of waste material. You will be given preparation instructions with this packet which need to be followed. Avoid taking any iron supplements for 1 week before your test. Please discuss any questions regarding medication with your doctor or nurse prior to your appointment for your procedure.

## What Will Happen

Upon arrival to Lawrence General Hospital's endoscopy suite (4th floor – Ambulatory Procedure area) you will be asked to check-in. After this, you will be escorted to the pre-procedure area. The doctor and/or nurse will explain the procedure and answer your questions. Please tell them if you have had any other endoscopic procedures and if you have any allergies to medications. You will be asked to sign a consent form, which gives your permission to have the procedure. An intravenous (IV) line will be placed for medication to be given during your examination. Once in the procedure room, monitoring equipment will be placed so that your breathing, heart and blood pressure can be observed. You will be given sedation and once asleep, the examination will take place. The examination usually takes about 20-30 minutes.

## Afterwards

You will be brought back to a recovery area and will be monitored until you are ready to leave. This usually takes between 20-60 minutes. For the remainder of the day you are not to drive, operate heavy/dangerous equipment or make important decisions.

If you have any questions about your procedure, please call the clinic at **978-946-8487**.