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Colonoscopy Preparation Instructions

YOU WILL NOT BE ABLE TO DRIVE HOME OR RETURN TO WORK AFTER YOUR PROCEDURE.

PLEASE ARRANGE FOR A RIDE, AS YOU CANNOT TAKE PUBLIC TRANSPORTATION HOME

A colonoscopy is a procedure that lets your healthcare provider see your large intestine. It is done using a long, flexible tube (a scope) that passes into your rectum and through your colon. The procedure can vary in times, but typically takes 15-30 minutes. A clean colon is critical for a thorough examination. A clean colon is achieved through adequate bowel cleansing as described below.

You may be prescribed Golytely or Sutab by your doctor and a prescription will be sent to your pharmacy. Prep kits are available for \$29 at the North Austin office Mon-Fri 8:30 AM – 11:30 AM and 12:30 PM – 4:30 PM.

SEVEN DAYS (ONE WEEK) BEFORE YOUR COLONOSCOPY:

- Stop all iron supplements (including multivitamins containing iron), Vitamin E, fish oil, or Omega-3
- Stop eating any seeds (I.e., sunflower seeds, strawberries, tomatoes, blackberries, etc.)
- Stop taking NSAID pain relievers (Ibuprofen, naproxen, etc.) You may take Acetaminophen.
- If you are taking any blood thinner or anti-platelet medications such as warfarin (Coumadin), apixaban (Eliquis), rivaroxaban (Xarelto), dabigatran (Pradaxa), clopidogrel (Plavix), among others, please contact the physician who manages the medication for instructions on how and when to stop before your procedure. You do not need to stop taking aspirin 81mg (baby aspirin) if you are doing so

THE DAY BEFORE YOUR COLONOSCOPY:

Start a clear liquid diet upon waking up – DO NOT CONSUME ANY SOLID FOODS!

EXAMPLES FOR A CLEAR LIQUID DIET: Gatorade, Powerade, Crystal Light lemonade, Pedialyte, Propel water, coffee or tea (black only – no milk or non-dairy creamer), Carbonated or non-carbonated soda, fruit-flavored drinks, apple juice, white cranberry juice, white grape juice, Jell-O, popsicles, broth of any kind

DO NOT DRINK ANY LIQUID THAT IS RED, PURPLE, OR DARK BLUE IN COLOR. DO NOT DRINK ALCOHOL, MILK OR NON-DAIRY CREAMER, JUICES WITH PULP, OR ANY LIQUID THAT YOU CANNOT EASILY SEE THROUGH. DO NOT CONSUME ANY SOLID FOODS.

- At **12:00pm**, take 4 Dulcolax (Bisacodyl) tablets with a glass of water. Mix the entire bottle of MiraLAX with 64oz of Gatorade or Powerade in a pitcher. Be sure to stir the mixture until all of the powder is dissolved. Chill the mixture in the refrigerator.
- At **5:00pm**, drink 8oz (1 cup) of the MiraLAX (Polyethylene Glycol 3350) mixture every 15 minutes until it is gone. You **MUST** finish all of the MiraLAX. If you begin to get nauseous, slow down and drink 8oz every 30 minutes. If you start to feel depleted, increase your liquid intake to stay hydrated.

THE DAY OF YOUR COLONOSCOPY:

Continue a clear liquid diet - Take any regular medications with a small sip of water

- **5 HOURS BEFORE YOUR PROCEDURE TIME** - drink the entire 10oz bottle of magnesium citrate (if using a package of powder, mix it into 10oz of water first)
- Take 2 gas relief tablets with the magnesium citrate. You may take up to 5 tablets in total if needed
- **NOTHING BY MOUTH 3 HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME. NO SMOKING, GUM, HARD CANDY, OR CLEAR LIQUID OF ANY KIND**
- Your arrival time will be provided directly by the surgery center but is typically 60-90 minutes prior to your scheduled procedure time.

HELPFUL HINTS:

• READ ALL OF YOU PREP INSTRUCTIONS AT LEAST 7 DAYS PRIOR TO YOUR PROCEDURE

- You will start to have bowel movements 1-4 hours after you start drinking the bowel prep solution. They will most likely continue up to 4 hours after you have completed all your prep.
- Bowel Movements should be clear or a clear yellow, without particles or brownish matter.
- Use baby wipes instead of toilet paper from the onset of your first bowel movement. Diaper rash ointment or Aquaphor Healing Ointment can help with burning and raw skin around the rectum.

POST PROCEDURE CARE AND EXPECTATIONS:

- **Pain:** You may experience gas/cramping and distention in your lower abdomen. These symptoms should diminish as you pass gas.
- **Nausea/Vomiting:** Do not eat or drink large amounts until symptoms have subsided. Introduce water first and then slowly advance as tolerated. Start with bland foods.
- **Bleeding/Clotting:** If polyps were removed or biopsies taken, you may notice blood with bowel movements or an occasional clot during the next 24 hours. This should be minimal and decrease in volume with time.
- **Medications following your procedure:** If you had biopsies, you may take Tylenol only for pain as needed. Do NOT take NSAIDs (Advil, Aleve, Motrin, Ibuprofen, Naproxen). Please review your medication list on the discharge instructions for medications that should not be resumed following your procedure.
- **IV site discomfort:** redness, pain, swelling, discomfort, or bruising at the IV site. A warm compress can help relieve discomfort from the site.

WHEN TO CALL YOUR HEALTHCARE PROVIDER: If you experience any of the symptoms below, call the office at (512) 593-6022

- **UNCONTROLLED ABDOMINAL PAIN-** If you have severe abdominal pain and/or chest pain, unrelieved by gas medication.
- **PROLONGED NAUSEA/VOMITING-** If you unable to keep fluids down for greater than 4 hours following your procedure.
- **PERSISTENT BLEEDING/CLOTTING-** If bleeding does NOT improve or worsens, you feel dizzy or faint upon standing or if you are coughing/vomiting blood and/or having black tarry stools.
- **SIGNS OF INFECTION-** Experiencing fever over 101F (orally) and/or chills or have red streaking from the IV site.