

Yale Digestive Diseases

Procedure scheduling:

Tel: (203) 785-3789

Fax: (203) 785-5572

Patient's Name _____

Appointment Date & Time _____

Your Colonoscopy Appointment is at this location:

Temple Endoscopy Center
40 Temple Street, Suite 4B
4th Floor Temple Medical
New Haven, CT
Tel: 203-688-4060

YNHH GI Procedure Suite
789 Howard Ave
3rd Floor Dana Medical Bldg
New Haven, CT
Tel: 203-688-5458

PLEASE ARRIVE 60 MINUTES BEFORE THE APPOINTMENT

COLONOSCOPY with MIRALAX PREP

What is a colonoscopy?

A colonoscopy is an exam of the large intestine that uses a thin flexible tube called a "colonoscope". The tube is passed into the rectum and transmits images to a television screen. This test allows the doctor to look inside the large intestine from the lowest part (the rectum) all the way to the opening to the small intestine. This procedure is used to look for early signs of colon cancer. It is also used to diagnose other problems in the colon.

What will happen on the day of the test?

When you arrive for the test, a nurse will help you change into a hospital gown. We will ask you to sign a permission form for the test. A nurse will place an IV (intravenous line) into your arm. Then, we will take you to a room where the doctor will do the colonoscopy. The room will be dark during the colonoscopy. The doctor will give you medicine through your IV to make you sleepy and a thin tube will be inserted gently into your rectum. This tube will transmit images to a monitor where the doctor will see the inside of your colon. You might feel some cramping during the exam because of air that comes into the colon through the tube. The doctor may decide to take a small tissue sample or to remove some polyps. This is not painful.

Are there any risks?

Complications are rare. But when they do occur, they include: bleeding, making a hole in the colon, infection or allergic reactions to the medicine. If complications do occur, you may need to receive treatment or surgery. Please tell your doctor if you have pain, bleeding, black stool or fever after the test.

Do I need to prepare for my colonoscopy?

Yes. It is very important to prepare for this exam.

You will need to purchase:

4 Dulcolax tablets 5 mg each (NOT suppositories)

1 bottle of Miralax 238 grams total

Do these things 5 DAYS BEFORE the colonoscopy:

- Stop taking iron supplements, aspirin, aspirin substitutes (like Motrin, Advil, Ibuprofen etc.) or any other medication that contains aspirin. If you have pain, take acetaminophen (Tylenol). If you are taking any other medicines, like Coumadin or arthritis medications, please ask your doctor.
- Arrange for someone to come with you to the procedure. We will give you medicine that will make you sleepy, so you cannot drive or take a bus home.
- Remember to buy the Miralax and the Dulcolax tablets.

Do these things 3 DAYS BEFORE the colonoscopy:

- Confirm your ride.
- *If you need to cancel your appointment call our office at least 3 days prior "see top of the page for number"*
- Review the diet you will need to follow for the next two days.

Do these things 1 DAY BEFORE the colonoscopy:

- You must follow a **clear liquid diet on the day before your colonoscopy**. This means that you can not eat any solid or semi-solid foods. This includes only liquids for breakfast. You may only drink clear liquids (liquids that you can see through) like:
 - ✓ Apple Juice, White Cranberry Juice or White Grape Juice
 - ✓ Sodas
 - ✓ Jell-O (**NOT red, purple or orange**)
 - ✓ Clear broth
 - ✓ Consomme
 - ✓ Coffee and Tea (without milk or cream)
 - ✓ Popsicles (**NOT red, purple or orange**)
 - **Avoid juices with pulp, milk, cream and any solid foods. Do not have anything red, purple or orange.**
1. Mix the entire 238 gram bottle of Miralax with 64 oz. of clear liquid (Gatorade works well - **not red, purple or orange**). Thoroughly shake the 64 oz. Miralax Solution and refrigerate for later use.
 2. At 4pm, take 2 Dulcolax oral tablets with 8 oz. water.
 3. At 5pm, begin to drink the Miralax Solution. Try to drink 8 oz. every 15-30 minutes until you have consumed 32 oz. (half of the 64 oz. solution) over approximately 2 hrs.
 4. Loose, watery bowel movements should start after about 1-1.5 hrs.
 5. At 8pm *or* 1 hour after finishing the Solution, take the remaining 2 Dulcolax oral tablets.
 6. If your Colonoscopy is scheduled **before 10am in the morning or you are also having an upper endoscopy**, drink the remaining 32oz. of Miralax Solution at 10pm tonight.
 7. Continue to drink clear liquids until bedtime.

Do these things the DAY of the colonoscopy:

- Take your normal medicines with a sip of water.
- If your Colonoscopy is scheduled for **10am or later**, drink the remaining 32oz. of Miralax Solution when you wake up *or* approximately 4 hours before your Colonoscopy.
- Continue drinking clear liquids to stay hydrated up until 3 hours before your Colonoscopy- after which, you should have nothing by mouth.
- Bring your escort/driver with you to the appointment. (*if you do not arrive with an escort we may need you to reschedule the appointment*)

After your colonoscopy:

- For the remainder of the day, you should not operate any vehicle /heavy machinery or make important decisions due to the sedation. We recommend resting quietly.

Hints to make your Prep/Colonoscopy most successful:

- Keep your Miralax Solution well-shaken and well-chilled.
- Keep plenty of clear liquids on hand to drink. Water gets boring and you need to stay hydrated.
- To reduce anal discomfort, use adult wet wipes or water spray to clean instead of toilet paper.
- A good prep will cleanse your bowels until your bowel movements are fairly formless, clear and watery - almost like urine- if this is not occurring and solid stool is still passing, let us know.
- If your prep is not good enough, the colonoscopy and prep will have to be repeated.

If you have any unusual pain or concerns after the test call (203)785-4138.