

ABOUT THE PROCEDURE

The colonoscopy usually takes about a ½ hour. Expect to be at the hospital 2-3 hours for your test and recovery time. Dr. Perryman will speak with a family member after the procedure and let them know of the findings. The sedation medicine you receive for the procedure may prevent you from remembering everything that she says. There are no restrictions on what can be eaten after the procedure. However, you cannot drive the day of the colonoscopy; therefore, you will need a ride home from the hospital. You may be drowsy for the rest of the day, and may need additional rest.

If biopsies are taken, the results will be available in four-to-five days. Please call our office to obtain the results at (303)840-8822. Follow-up appointments can be made to discuss the biopsy findings, need for further studies, and other screening tests.

Talk to Dr. Perryman or her medical staff if you have any questions or concerns.



www.ColoradoColon.com



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MIRALAX BOWEL PREP INSTRUCTIONS

REPORT TO: _____ **PARKER ADVENTIST HOSPITAL**
REGISTRATION, 1ST FLOOR
_____ **CROWN POINT SURGERY CENTER**
9397 CROWN CREST BLVD., SUITE 110
_____ **LINCOLN SURGERY CENTER**
11960 E LIONESS WY, STE 120
PARKER, CO 80134

DATE: _____ CHECK IN TIME: _____

APPOINTMENT TIME: _____

- Please report to Parker Hospital **1 ½ HOURS** prior to the test, or **1 HOUR** if it is at Crown Point or Lincoln.
- You will need to have someone drive you home after the colonoscopy. If you do not have a driver present, your procedure will be cancelled. You may not take a cab home. Working or driving is not permitted for the rest of the day due to sedation given during your procedure.
- **NO ASPIRIN OR ASPIRIN PRODUCTS FOR 1 WEEK PRIOR TO YOUR PROCEDURE.** These products include: Advil, Motrin, Ibuprofen, Aleve, and Midol.
- Hold all herbal supplements, fish oil, glucosamine and vitamin E for **1 WEEK** prior to your procedure.
- For pain, take only Tylenol (acetaminophen) unless otherwise directed by Dr. Perryman.
- Please inform Dr. Perryman if you are taking Coumadin, Xarelto, Plavix, or other similar blood thinning medications.

BOWEL PREP

REMEMBER: Your colonoscopy preparation is VERY important. An adequate clean-out allows for the best evaluation of your entire colon. Poor preparation could lead to the cancellation of your procedure. Using baby wipes or “Tucks” and Desitin ointment may ease some discomfort you may have during your prep. *Be kind to your behind!*

THE DAY BEFORE YOUR COLONOSCOPY:

Do not eat any solid food the entire day before your colonoscopy!

Drink only clear liquids from the time you get up in the morning.

AVOID ALL RED OR PURPLE COLORED LIQUIDS.

Clear liquids include: WATER, CLEAR FRUIT JUICES (NO PULP), POPSICLES, ICE, SOFT DRINKS, GATORADE, CLEAR BROTH OR BOUILLON, GELATIN, KOOL AID, COFFEE OR TEA (NO MILK OR CREAM). NO ALCOHOL.

Follow the schedule at right for your bowel prep. You may need to get to the toilet right away. You will have many bowel movements throughout the day. They will become very watery. The bowels are clear or clean when there is only pale yellow liquid fluid without flecks of stool.

BOWEL PREP INSTRUCTIONS:

You will need these **3** items available without a prescription:



1. Miralax 8.3 oz/238 grams bottle size
2. Four (4) Dulcolax laxative tablets, 5 milligram (biscodyl)
3. 64 oz Gatorade sports drink (NO RED OR PURPLE) or low calorie Crystal Light (NO RED OR PURPLE)

MIRALAX AND DULCOLAX BOWEL PREP FOR COLONOSCOPY

1:00 PM	Take 4 Dulcolax tablets with an 8 oz drink of clear liquid. Mix entire bottle of Miralax into 64 oz container of Gatorade or Crystal Light. Refrigerate.
4:00 PM	Start to drink the Miralax mixture. Drink one 8 oz glass every 10-15 minutes. Drink the liquid quickly rather than sipping slowly. Be sure to finish drinking all the liquid within a 2 HOUR period. If you feel nauseated, stop drinking for a while.
12:00 Midnight	Do not ingest anything after 12:00 midnight. You may gargle but do not swallow any liquid. Do not smoke after 12:00 midnight.

THE DAY OF YOUR COLONOSCOPY:

- ✓ **DO NOT EAT OR DRINK ANYTHING UNTIL AFTER YOUR PROCEDURE.**
- ✓ If you are to take your morning medicines, take with a small sip of water **ONLY**.
- ✓ You will need to have an adult drive you home after your test. You will not be able to leave by yourself.