

# Getting Ready for Your Colonoscopy

## Standard Preparation

This handout has instructions for you to follow starting 1 week before your colonoscopy. It is important to follow these bowel prep instructions. If you do not, you may need to reschedule or repeat your colonoscopy and repeat the bowel prep. A repeat colonoscopy may lead to additional bills.

Your colonoscopy is on: \_\_\_\_\_ at: \_\_\_\_\_

You need to arrive at MaineHealth Mid Coast Hospital at: \_\_\_\_\_

Your doctor is: \_\_\_\_\_

### Important

If you need to reschedule or cancel your appointment, please let us know as soon as possible before by calling us at 207-406-7300.



## Summary of instructions

The tables on the next page show a summary of the most important instructions for your prep. It does not include all of the instructions you need to follow, so it's still important to read and follow this entire handout. You can check off each time point when you get to it to help keep track of where you're at in the prep process.

*Continued*

## 1 day before

Wake up	12 p.m.	4 p.m.	7 p.m.	Bedtime
Start a clear liquid diet	Take 2 Dulcolax tablets	Drink first half of bowel prep	Take 2 Gas-X tablets	Take 2 Dulcolax tablets

## Day of

4 hours before	2 hours before	After
Drink second half of bowel prep	Do <b>NOT</b> have anything to eat or drink	Return to your normal diet

## What to buy

These are the items you will need to buy from the pharmacy and grocery store at least 1 week before your colonoscopy. Check with your insurance or flexible spending account (FSA) to see if any of these supplies are eligible for reimbursement.

- 4 Bisacodyl laxative (Dulcolax®) 5-mg tablets (not the stool softener)
- Gas-X® tablets
- 1 bottle of Miralax® - 238 grams (8.3 ounces)
- 64-ounce bottle of a clear drink with no pulp

» **Do NOT buy drinks with red, purple, or blue colors.** Examples of clear drinks you can buy are Gatorade, Powerade, Vitamin Water, Crystal Light, and water.

## 7 days (1 week) before your colonoscopy

You will need to have a responsible adult drive you to and from your procedure because you will not be able to drive yourself home. If you have small children, find someone to take care of them on the day of your colonoscopy.

- **Stop** taking Non-Steroidal Anti-Inflammatory (NSAID) medications such as ibuprofen (including Advil® and Motrin®) or naproxen (including Aleve®).
  - » You may take acetaminophen (Tylenol®) for pain.
- **Stop** taking phentermine.
- You **can** take your normal medications unless your provider has told you not to.

*Continued*

## Important



If you are on blood thinners (such as Coumadin®, Plavix®, Eliquis®, Xarelto®, or 325 mg or more of aspirin), we will contact the provider who prescribed you the medication. Once we get their response, we will tell you if any changes need to be made to your medications. You can continue to take up to 81 mg of aspirin.

## 4 days before your colonoscopy

Eat a low fiber diet. See the food guide on page 9 for foods you can and cannot have.

**Stop** taking these medications, vitamins, and supplements until after your colonoscopy:

- Iron supplements
- Vitamin E
- Fish oil
- Pepto Bismol®

You can continue to take fiber supplements such as Metamucil, Benefiber, and Citrucel.

Fill out the medication history form found on page 11. Bring the completed form with you on the day of your colonoscopy.

## 3 days before your colonoscopy

Stop taking these for **3 days** before your colonoscopy.

### Common injectable medications

Generic name	Brand name(s)
Bexagliflozin	• Brenzavvy®
Canagliflozin	• Invokana®
Dapagliflozin	• Farxiga®
Empagliflozin	• Jardiance®
Ertugliflozin	• Steglatro®
Sotagliflozin	• Inpefa®

*Continued*

# 1 day before your colonoscopy

Start following these instructions when you wake up and continue following them for the rest of the day.

Do **NOT** eat any solid food. You will start a **clear liquid diet**. A clear liquid is one that you can see through. See the table below for examples of clear liquids you can have.

Clear liquids you CAN have:	Do NOT eat or drink:
✓ Clear broth (chicken, beef, or vegetable)	✗ Milk or cream
✓ Jell-O®	✗ Jell-O, popsicles, or any other liquids that are <b>red, blue, or purple</b>
✓ Popsicles (without fruit or yogurt)	✗ Popsicles with fruit or yogurt in them
✓ Clear fruit juices like apple, white grape, or white cranberry juice	✗ Juices with pulp or that you cannot see through
✓ Black coffee or tea without milk	✗ Alcohol
✓ Carbonated drinks	✗ Any products with pieces of dried food or seasoning
✓ Gatorade®, Pedialyte®, and other sports drinks (not red, blue, or purple)	
✓ Hard candies	
✓ Water	

## If you have diabetes and take a medicine such as Metformin, Glipizide, Glyburide, or Insulin:

- Take half (½) of your normal dose of medication the **day before** your colonoscopy.
- Try to drink 8 glasses of water or clear liquid throughout the day (in addition to the Miralax preparation).
- Confirm your ride home from your colonoscopy.
- **Take all medicines** that are prescribed to you, unless your provider has told you not to.

*Continued*

## At noon (12 p.m.)

- Take **2 Dulcolax Laxative tablets** with a large 8-ounce (1 cup) drink of clear liquid.
- Mix the entire **238 gram bottle of Miralax** with 64 ounces (8 cups) of clear liquid at room temperature. **Do NOT drink it yet.** After mixing, you can chill the Miralax solution in the refrigerator if you want.

## At 4 p.m.

- Start drinking the first half (32 ounces) of the Miralax mixture by drinking 8 ounces (1 cup) every 15 minutes. You can use a straw to help not taste the solution as much.
  - » **STOP** after you finish drinking the first half. You will finish the rest tomorrow.
- If you start to feel sick (nauseous), stop drinking for 30 minutes. Then, resume drinking slower by having 1 small glass every 30 to 60 minutes.
- Walk around between each glass to help reduce bloating.
- Bloating, nausea, and cramping are temporary and will improve once you have bowel movements.

## At 7 p.m.

- Take **2 Gas-X tablets**, even if you feel well. The tablets help us see your bowel better during the procedure.

## At bedtime

- Take **2 Dulcolax Laxative tablets** with 8 ounces of clear liquid.

## Day of your colonoscopy

**If you have diabetes and take a medicine such as Metformin, Glipizide, Glyburide, or Insulin:**

- **Do NOT** take your medicine the **morning of** your colonoscopy.

*Continued*

- **Do NOT** eat any solid foods. Continue drinking only clear liquids from the table on page 4 until 2 hours before your colonoscopy.
- Take your medications with a small sip of water unless your provider has told you not to.

### 4 hours before you leave for the hospital

Drink the remaining half (32 ounces) of the **Miralax** solution by drinking 8 ounces (1 cup) every 10 to 15 minutes.

- Try to finish the drink within 1 hour.
- If you start to feel sick (nauseous), slow down. Give yourself more time between glasses or drink smaller amounts at a time.

After completing the prep, your stool (poop) should be clear and yellow, like in the image below.



**If your stool is NOT clear and yellow, call MaineHealth Gastroenterology, Brunswick at 207-406-7300 at 8 a.m.**

### Important

**Do NOT** eat or drink anything after completing the last half of your Miralax solution until after your colonoscopy.



*Continued*

## Arriving for your colonoscopy

Please arrive at MaineHealth Mid Coast Hospital before your scheduled colonoscopy.

- When you arrive, please enter and check in at the welcome desk.
- Make sure you have a responsible adult to drive you to and from your procedure.
  - » You will **NOT** be able to drive yourself home.
  - » You can **NOT** take a taxi, Uber, bus, medical ride, or walk unless a responsible adult is with you.
- Please leave any valuables at home. Do not bring them to the hospital with you.
- Remove all body piercings.
- If you have reading glasses, please bring them with you.
- Bring your completed medication form (page 11) and a list of your current medications.
- You may wear or bring your dentures.
- If you have a uterus and have had a period within the last year, you will need to take a urine pregnancy test when you arrive.
- Please plan to spend about 2 hours at the hospital.

### Important

If you have any questions, please call our office at 207-406-7300.



## After your colonoscopy

- **Do NOT** drive the rest of the day after your procedure.
  - » A responsible adult must be with you when you are discharged (allowed to go home). It's helpful if your driver is with you for this appointment.
  - » You cannot take a taxi unless another adult is with you.
  - » If you do not have a responsible ride, your procedure will be cancelled.

*Continued*

- 
- You may feel a little drowsy after the procedure.
    - » **Do NOT** make important decisions the rest of the day after your procedure.
    - » **Do NOT** work the rest of the day after your procedure.
  - The medication can make your stomach feel upset.
  - Your bowels may take several days to return to normal.

*Continued*

## Food guide

Follow the table below for what you can and cannot eat in the **4 days before** your colonoscopy.

Food group	Foods you can have	Foods you can NOT have
Milk and dairy	<ul style="list-style-type: none"> <li>✓ Milk and milk products</li> </ul>	<ul style="list-style-type: none"> <li>✗ Fruited yogurt</li> <li>✗ Any ice cream or cheese with nuts or seeds</li> </ul>
Drinks	<ul style="list-style-type: none"> <li>✓ Coffee and tea</li> <li>✓ Carbonated beverages</li> <li>✓ Fruit juices or drinks without pulp or seeds</li> <li>✓ Bottled water</li> <li>✓ Tomato juice</li> <li>✓ Nutritional supplements without added fiber such as Boost or Ensure</li> </ul>	<ul style="list-style-type: none"> <li>✗ Any beverage containing pulp or seeds, such as orange or grapefruit juice</li> <li>✗ Prune juice</li> <li>✗ Nutritional supplements that have fiber</li> </ul>
Breads, cereals, and starches	<ul style="list-style-type: none"> <li>✓ Refined breads, rolls, bagels, English muffins, pita bread, biscuits, muffins, crackers, pancakes, waffles, or pastries</li> <li>✓ Refined cooked and cold cereals such as grits, cream of wheat or rice, oatmeal, cheerios, corn/rice Chex, Cornflakes, Rice Krispies, Special K</li> <li>✓ Potatoes and sweet potatoes without skin</li> <li>✓ White rice</li> <li>✓ Refined pasta</li> </ul>	<ul style="list-style-type: none"> <li>✗ Whole grain breads, cereals, and pasta</li> <li>✗ Granola</li> <li>✗ Any bread, cereal, cracker, or pasta made with seeds, nuts, coconut, or raw dried fruit either on top or within the product (such as bagels with seeds)</li> <li>✗ Cornbread</li> <li>✗ Brown rice</li> <li>✗ Wheat germ</li> <li>✗ Bran</li> <li>✗ Sprouted wheat</li> <li>✗ Wild rice</li> <li>✗ Barley</li> <li>✗ Potato skins</li> </ul>

*Continued*

Food group	Foods you can have	Foods you can NOT have
Fruits	<ul style="list-style-type: none"> <li>✓ Canned or cooked fruit without skins or seeds (peaches, pears, apricots, apples)</li> <li>✓ Applesauce</li> <li>✓ Ripe banana</li> <li>✓ Jellied cranberry sauce</li> </ul>	<ul style="list-style-type: none"> <li>✗ Raw fruit (ripe bananas are okay)</li> <li>✗ Canned pineapple, oranges, grapefruit sections, mixed fruit</li> <li>✗ Dried fruit</li> <li>✗ All berries and melons</li> <li>✗ Whole cranberry sauce</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>✓ Tender, well-cooked fresh, canned, and frozen vegetables without seeds such as peeled carrots, green beans, and beets</li> <li>✓ Strained vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>✗ All raw vegetables, such as lettuce, onion, celery, cucumber, mushrooms, and scallions</li> <li>✗ Vegetables with seeds</li> <li>✗ Tough, fibrous cooked vegetables such as artichokes, broad beans, corn, eggplant, cabbage, celery, cucumber, and zucchini</li> </ul>
Meat and meat substitutes	<ul style="list-style-type: none"> <li>✓ Cooked, tender fish, poultry, beef, lamb, pork, ham, and veal</li> <li>✓ Eggs</li> <li>✓ Cheese</li> <li>✓ Tofu</li> <li>✓ Tuna fish</li> <li>✓ Smooth peanut butter and other smooth nut butters</li> </ul>	<ul style="list-style-type: none"> <li>✗ Meats that are not tender</li> <li>✗ Gristle</li> <li>✗ Hot dogs</li> <li>✗ Salami and cold cuts</li> <li>✗ Meat substitutes made with whole grains, nuts, or seeds</li> <li>✗ Dried beans, peas, and lentils</li> <li>✗ Crunchy-style peanut butter and other crunchy nut butters</li> </ul>
Other food items	<ul style="list-style-type: none"> <li>✓ Salt, sugar, and ground or flaked herbs and spices</li> <li>✓ Vinegar</li> <li>✓ Ketchup and mustard</li> <li>✓ Soy sauce</li> <li>✓ Jelly (but not jam or preserves)</li> </ul>	<ul style="list-style-type: none"> <li>✗ Seed spices</li> <li>✗ Seeds and nuts</li> <li>✗ Coconut</li> <li>✗ Popcorn</li> <li>✗ Jams or preserves</li> <li>✗ Pickles and olives</li> </ul>

Continued

# Medication history

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Please complete the following section OR bring your personal medication card with you on the day of your colonoscopy. Include prescription medications, over-the-counter medications, herbal supplements, and vitamins.

Medicine name	How much do you take (dose)?	How often do you take it?	How do you take it (by mouth, inhaler, injection)?

Pharmacy: \_\_\_\_\_

Pharmacy Address: \_\_\_\_\_

Do you receive prescriptions by mail?  Yes  No

Mailing Address: \_\_\_\_\_

Form Completed by:  Patient  Other (name) \_\_\_\_\_