



# COLONOSCOPY

Re-schedule/cancellations:  
308.995.3305

Please arrive at the hospital 15 minutes prior to your appointment to check in.

## What is a colonoscopy?

This diagnostic tool evaluates the lower part of the colon for colon cancer.

## Patient Preparation

### FIVE (5) DAYS BEFORE PROCEDURE:

1. Stop taking supplements such as **iron pills, Vitamin E, fiber supplements & herbal supplements**.
2. Stop taking any weight-loss medications or supplements.
3. Arrange to have a responsible licensed adult driver to take you home following your scope. By law, you **MUST NOT DRIVE** for the rest of the day after your procedure.
4. Pick up your colon prep from the pharmacy, if your pharmacy does not have it please call your doctor.
5. If you take anticoagulants (blood thinners) such as warfarin, Coumadin, Eliquis, Xarelto, Effient, Brilinta, Ticlid, Plavix, etc. please contact your doctor for direction on when to stop the medication. If you are on insulin you also need direction from your doctor.

### THE DAY BEFORE PROCEDURE:

1. Follow a clear liquid diet all day, **NO SOLID FOODS**.
  - a. Clear liquids are **WATER, COFFEE, TEA, POP, CHICKEN OR BEEF BROTH** (no meat/noodles), clear jello with no fruit, juice without pulp, popsicles & sports drinks. **Clear liquids DO NOT include any milk products or creamer. Avoid red or purple colored drinks, drink plenty of fluids to stay hydrated.**
2. Medications should be taken on your regular schedule unless otherwise instructed. Taking medications within 1 hour of starting the colon prep may prevent them from being absorbed correctly.
3. Due to anesthesia, we **DO NOT want you to have anything to drink after midnight**. Avoid chewing gum or using tobacco the morning of the procedure.
4. **Refer to the colon prep directions on how to take the prep (see reverse). BOWEL PREPARATION OR CLEANSING IS NECESSARY TO PERFORM AN EFFECTIVE COLONOSCOPY.**

It is normal to feel chilled, nauseated, bloated or have cramping & vomiting while drinking your colon prep. If symptoms are severe, please temporarily slow or stop your intake until symptoms subside. **Call your doctor if you cannot finish your prep.**

You may find it helpful to use petroleum jelly, A&D ointment, Preparation H, Destin or Tucks to your bottom if it gets sore or irritated.

If you are unable to finish your prep due to vomiting please call PMHC at 995-2211.

CARE YOU DESERVE. EXPERTS YOU TRUST.

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## □ GoLYTLEY (Nulytely, Trilyte, Colyte-PEG 3350, Halflytely, MoviPrep)

**GoLytlely is a powder and must be mixed with WATER before ingestion.**

- Mix the entire contents with **1 gallon** of luke warm water. This creates a clear, colorless fluid.
- Shake container vigorously several times to ensure the ingredients are dissolved. The solution is more palatable if chilled prior to drinking. It is recommended to drink an **8oz glass** of GoLytlely every 10 minutes until the entire gallon is consumed.
- Drink the entire contents to achieve an adequate bowel cleansing for the procedure. Notify your physician if you are unable to keep the solution down.

## □ SUPREP Prep \*Follow instructions below, not the box\*

- Pour **1 - 6 oz bottle of SUPREP liquid** into the mixing container.
- Add cool drinking water to the **16 oz** line on the container and mix. Drink ALL of the liquid.
- Drink 2 more **16 oz** containers of water over the next hour.
- Continue to drink at least **8 oz** of clear liquids every hour until you take the next SUPREP bottle.
- **3-4 hours later**, repeat the above steps for the **2nd SUPREP bottle**.

**It is necessary to drink both bottles of SUPREP to have an adequate bowel prep for the colonoscopy.**

Most working individuals will drink the prep at 5PM & 9pm OR 6PM & 10PM. You may start this sooner if you are home earlier in the day.

## □ MiraLAX Prep

You need to purchase:

- 4 Ducolax (bisacodyl) tablets
- 1 bottle of MiraLAX 238 gram and
- 64 oz of Gatorade or Propel fitness water.

**DO NOT** use RED or PURPLE colored liquids. Ducolax and MiraLAX may be purchased without a prescription.

**3PM:** Take the 4 Ducolax tablets with a large glass of water.

**5PM:** Mix the MiraLAX with **64 oz** of Gatorade or Propel, drink entire amount in **2 hours**.

Be sure to shake or stir well before drinking.