



# Colonoscopy Preparation

## SPLIT DOSE

MiraLAX (PEG-3350/Polyethylene glycol 3350) 8.3 ounce/238grams

Pre-Admission Testing (PAT) Appointment  Yes  No

Appointment Date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_

**Location:** 470 Clarkson Avenue  
2<sup>nd</sup> Floor Room A2-562

### YOUR EXAM IS SCHEDULED FOR:

Monday  Tuesday  Wednesday  Thursday  Friday

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### LOCATION:

- SUNY Downstate Health Sciences University**  
University Hospital of Brooklyn  
470 Clarkson Avenue  
Brooklyn, NY 11203  
(718) 221-6923  
(Then proceed to the 2<sup>nd</sup> Floor – Ambulatory Surgery)

If you have any questions or need to change or cancel your appointment, please call  
(718) 270-4772 or (718) 270-2283

**NOTE:** Please arrive **1.5-2 hours** before your scheduled exam

# Colonoscopy Preparation – SPLIT DOSE

## MiraLAX (PEG-3350)

Please read instructions 1-2 weeks in preparation for your procedure.

\*You may need to make some adjustments on your daily home medications. Please read carefully.

### 1 WEEK BEFORE THE EXAM

- If you take insulin, diabetes medications (Metformin), warfarin (Coumadin), clopidogrel (Plavix), or other blood thinners, please follow the prescribing doctor's specific instructions regarding these medications.
- Stop taking medications containing iron (ferrous), including multivitamins with iron, fish oil, and vitamin E
- Stop taking fiber supplements such as Citrucel or Metamucil
- **Stop taking 3 days** before exam: NSAIDs such as Naproxen, Aleve, Motrin, Ibuprofen and Advil. Tylenol is okay
- Pick up the colon cleansing medications from your pharmacy

### 2 DAYS BEFORE THE EXAM (Day) \_\_\_\_\_

- **Do not eat** fatty, fried or greasy foods.
- **Do not eat** fruits, vegetables, whole wheat, whole grains, corn, beans or anything with seeds or nuts.

### 1 DAY BEFORE THE EXAM (Day) \_\_\_\_\_

**No solid food all day**—only a **clear liquid diet**, including:

- Water, clear broth, coffee or tea (NO MILK or CREAMER)
- Gatorade, PowerAde, Propel or Vitamin Water (NO RED or PURPLE)
- Strained fruit juice – apple, white cranberry, lemon, lime, grapefruit, orange or white grape juice (NO RED or PURPLE)
- Soda, Kool-Aid or other fruit-flavored drinks (NO RED or PURPLE)
- JELL-O, hard candy, Italian ices, ice popsicles, ice pops (NO RED or PURPLE)

### A. Early Morning of Day Before Exam: Mix the colon cleansing powder with a light-colored Gatorade or Powerade (Prep) — MiraLAX (PEG-3350)

**Step 1:** In a 2-liter pitcher pour 238 g/8.3 oz. of MiraLAX powder into container. Then Add 64 ounces of Gatorade/Powerade (yellow flavor or light-colored flavor) that is room temperature and pour into the container. Mix solution until powder is dissolved. Do not add anything else, such as other flavorings or ice, to the solution (Prep).

**Step 2:** Place the mixed solution (Prep) in the refrigerator to keep cold.

### B. At 6:00 PM: Drink HALF the colon cleansing solution (Prep)

- Drink an 8 oz. glass using a straw, every 10-20 minutes until the bottle is empty. Be sure to drink **HALF** the bottle.
- You can still drink clear liquids (the more clear liquids the better). You will have diarrhea 1-2 hours after drinking the solution (Prep).

**Only if prescribed or instructed by your doctor:**

### C. At 9:00 PM: Take the \_\_\_ Dulcolax/bisacodyl tablet(s) with a glass of water if they were prescribed or came with the solution (Prep).

\*\*\*After finishing the colon cleansing solution (Prep), you may drink clear liquids until midnight. Do not eat or drink anything after midnight!

**MORNING OF THE EXAM (Day) \_\_\_\_\_**

**A. Drink the rest of the colon cleansing solution (Prep)**

- Drink an 8 oz. glass using a straw, every 10-20 minutes until the bottle is empty. Be sure to drink until the bottle is EMPTY.
- You can drink clear liquids until you finish the colon cleansing solution (Prep).
- You may take your heart or blood pressure medication the morning of the exam.
- You need to finish the colon cleansing solution (Prep) at least **4-6** hours before your test time. Do not drink or eat anything after finishing the prep until after your test. Here is an example time frame when to complete the prep:

<b>Procedure Time</b>	<b>Time frame to wake up and complete prep</b>
8:00AM	2:00AM-4:00AM
9:00AM	3:00AM-5:00AM
10:00AM	4:00AM-6:00AM

**B. Please come to the hospital 1.5-2 hours before your appointment.**

- Bring a list of your medications with you to the test.
- Please make sure you have an adult over the age of 18 available to take you home after the test. You will receive anesthesia and will not be permitted to go home alone.

**YOUR TEST WILL BE CANCELLED IF YOU HAVE NOT DONE THE PREP OR IF YOU DO NOT HAVE AN ADULT TO TAKE YOU HOME.**

# Colonoscopy Information

## Frequently Asked Questions

### **What is a Colonoscopy?**

Colonoscopy lets your doctor examine the lining of your large intestine (colon) for abnormalities by inserting a thin flexible tube, as thick as your finger, into your anus and slowly advancing it into the rectum and colon. This instrument, called a colonoscope, has its own lens and light source and it allows your doctor to view images on a video monitor.

### **Why is Colonoscopy recommended?**

Colonoscopy may be recommended as a screening test for colorectal cancer. Colorectal cancer is the third leading cause of cancer deaths in the United States. Annually, approximately 150,000 new cases of colorectal cancer are diagnosed in the United States and 50,000 people die from the disease. It has been estimated that increased awareness and screening would save at least 30,000 lives each year. Colonoscopy may also be recommended by your doctor to evaluate for symptoms such as bleeding and chronic diarrhea.

### **What Preparations are required?**

Abide by the dietary restrictions outlined above and follow the instructions for the MiraLAX. The colon must be completely clean for the procedure to be accurate and comprehensive, so be sure to follow your doctor's instructions carefully.

### **Can I Take My Current Medications?**

Most medications can be continued as usual, but some medications can interfere with the preparation or the examination. Inform your doctor about any medications you're taking, particularly aspirin products, arthritis medications, anticoagulants (blood thinners such as warfarin or heparin), clopidogrel, insulin or iron products. Also, be sure to mention any allergies you have to medications.

### **What Happens During Colonoscopy?**

Colonoscopy is well-tolerated and rarely causes much pain. You might feel pressure, bloating or cramping during the procedure. Typically, after checking your blood pressure and pulse, your doctor will insert a needle into a vein in your arm and give you a sedative or painkiller to help you relax and better tolerate any discomfort. You will lie on your side or back while your doctor slowly advances a colonoscope along your large intestine to examine the lining. Your doctor will examine the lining again as he or she slowly withdraws the colonoscope. The procedure itself usually takes less than 45 minutes, although you should plan on two to three hours for waiting, preparation and recovery. In some cases, the doctor cannot pass the colonoscope through the entire colon to where it meets the small intestine. Your doctor will advise you whether any additional testing is necessary.

### **What If the Colonoscopy Shows Something Abnormal?**

If your doctor thinks an area needs further evaluation, he or she might pass an instrument through the colonoscope to obtain a biopsy (a small sample of the colon lining) to be analyzed. Biopsies are used to identify many conditions, and your doctor will often take a biopsy even if he or she doesn't suspect cancer.

If colonoscopy is being performed to identify sites of bleeding, your doctor might control the bleeding through the colonoscope by injecting medications, by cauterization (sealing off bleeding vessels with heat treatment), or by the use of small clips. Your doctor might also find polyps during colonoscopy, and he or she will most likely remove them during the examination. These procedures don't usually cause any pain.

### **What are Polyps and Why are They removed?**

Polyps are abnormal growths in the colon lining that are usually benign (noncancerous). They vary in size from a tiny dot to several inches. Your doctor can't always tell a benign polyp from a malignant (cancerous) polyp by its outer appearance, so he or she will usually remove polyps for analysis. Because cancer begins in polyps, removing them is an important means of preventing colorectal cancer.

### **How are Polyps removed?**

Your doctor may destroy tiny polyps by fulguration (burning), by removing them with wire loops called snares, or with biopsy instruments. Your doctor will use a technique called "snare polypectomy" to remove larger polyps. Your doctor will pass a wire loop through the colonoscope and remove the polyp from the intestinal wall using an electrical current. You should feel no pain during polypectomy.

### **What Happens After a Colonoscopy?**

You will be monitored until most of the effects of the sedatives have worn off. You might have some cramping or bloating because of the air introduced into the colon during the examination. This should disappear quickly when you pass gas. Your physician will explain the results of the examination to you, although you'll probably have to wait for the results of any biopsies performed. If you have been given sedatives during the procedure, someone must drive you home and stay with you. Even if you feel alert after the procedure, your judgment and reflexes could be impaired for the rest of the day. You should be able to eat after the examination, but your doctor might restrict your diet and activities, especially after polypectomy. Your doctor will advise you on this.

### **What Are the Possible Complications of Colonoscopy?**

Colonoscopy and polypectomy are generally safe. One possible complication is a perforation, or tear, through the bowel wall that could require surgery. Bleeding might occur at the site of biopsy or polypectomy, but it's usually minor. Bleeding can stop on its own or be controlled through the colonoscope; it rarely requires follow-up treatment. Some patients might have a reaction to the sedatives or complications from heart or lung disease. Although complications after colonoscopy are uncommon, it's important to recognize early signs of possible complications. You should contact your doctor at **718-270-4772** if you notice severe abdominal pain, fever and chills, or rectal bleeding. Note that bleeding can occur several days after the procedure. If a serious problem develops, you should go to the SUNY Downstate Medical Center Emergency Room and ask them to contact the GI doctor on call.