

How To Prepare For Your Colonoscopy



Congratulations

You are having a colonoscopy. Why is this worth celebrating? Colon cancer is the second deadliest cancer in America. In part because it is often silent; by the time people experience symptoms, the disease is so advanced it is difficult to treat.

Here's the surprising part. Colon cancer is the only kind doctors believe they can "cure." That is a word we don't usually use with cancer. But it is true. If a doctor spots and removes polyps in your colon before they turn cancerous, we can stop the disease in its tracks and prevent you from getting cancer.

Take this appointment seriously. It could save your life. The time you invest in preparing for your colonoscopy may help give you many more years of enjoyment with family and friends.

We believe this one test can help us become the healthiest community in the nation by the year 2020. How? It has the power to reduce the number of people who die from this preventable disease.

Pay careful attention to the steps outlined in this booklet. It is important you follow all the steps. Since some of your preparation needs to begin a week before your test, read this booklet now. Make notes in your calendar so you know when to stop taking certain medications and foods.

Please, call with any questions. We want to make sure you never develop colon cancer.

The Gastroenterology Team
Cheshire Medical Center/Dartmouth-Hitchcock Keene
(603) 354-5454 x 8579

7 days before your colonoscopy

✗ Stop taking these medications unless otherwise instructed

- ✗ Naproxen/Naprosyn/"Aleve".
- ✗ Ibuprofen (Advil/Motrin).
- ✗ Orudis.
- ✗ Most arthritis medications.
- ✗ Cold or sinus products that contain any of the medications above.

It is okay to take acetaminophen (Tylenol) should you need something for discomfort

✗ Stop taking these vitamins and supplements

- ✗ Iron pills.
- ✗ Multivitamins.
- ✗ Vitamins A and E.
- ✗ Herbal medicines.
- ✗ Fish oil.

Continue taking all other medication as prescribed by your physician.

✓ Check on your medication schedule by calling the Gastroenterology Nurse at (603) 354-5454 x8579 if

- You have diabetes to discuss diabetic medications.
- You take blood thinner (i.e., Coumadin, Warfarin, Plavix, Ticlid or Pletal) *and have not been given instructions about how to take them before your procedure.*
- You have a cardiac stent, artificial heart valve, pacemaker, or had a heart attack *within the last 6 months.*

✓ Arrange for a ride home from the hospital

- You will be unable to drive until the next day.

✓ Pick up your prep supplies from your local pharmacy

- One 238 gram bottle of Miralax laxative.
- One small box of Dulcolax Laxative tablets (oral).



3 days before your colonoscopy

✗ Stop taking these agents for irregularity

- ✗ Metamucil.
- ✗ FiberCon.
- ✗ Citrucel.
- ✗ Psyllium.

✗ Avoid foods containing seeds



- ✗ Tomatoes.
- ✗ Sesame seeds.
- ✗ Corn.
- ✗ Blueberries, raspberries, strawberries.

1 day before your colonoscopy

✓ Begin a Clear Liquid Diet as soon as you wake up

Drink lots of clear liquids today as this will help you feel full, hydrate you, and helps to flush your system out.



- ✗ No solid foods.
- ✗ No milk or milk products.
- ✗ No citrus juices.

Drink Only Clear Liquids



- Water.
- Tea/Coffee-(NO MILK or Creamer, sweetener is okay).
- Chicken or Beef Broth.
- Ginger ale.
- Cola/Pepsi/Root beer/Orange soda.
- Apple Juice (not cider).
- Grape Juice (white).
- Gatorade (not red).
- Green or yellow jell-O.



1 day before your colonoscopy continued...

X Avoid artificially red flavored foods

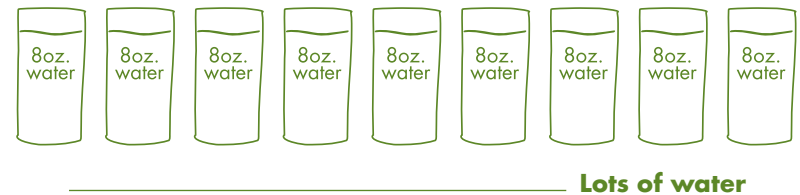
Do not drink artificially dyed red beverages or foods, such as red Jell-O, popsicles, sports drinks, or Kool-Aid. The "RED" flavors of items listed above are not allowed because they contain an artificial red dye that makes it look like you are bleeding during the colonoscopy.



Pure Cranberry Juice is OK because it is naturally red. For cranberry blend juices such as, Cranapple, CranCherry, or CranRaspberry, check the label, make sure it does not contain any artificial red food dye.

✓ Prepare for your procedure

- At _____ take 2 Dulcolax tablets with one glass of clear liquid.
- At _____ mix an 8 ounce glass of water (flavored waters allowed) with a 17 gram capful of the Miralax powder and drink. Continue to mix and drink a glassful every 15 to 30 minutes until the entire bottle of Miralax is gone. If you begin to feel full, walking around can help.



- The feeling of fullness will pass when you begin to expel. Make sure you are very near a toilet.
- By 8:00PM if what you are passing is still solid you may take 2 more Dulcolax tablets with a glass of water.

The day of your colonoscopy

✓ *Take your normal medications in the morning with a sip of water*

✗ Stop drinking any liquid 3 hours before your procedure time.

✓ *Prepare for your trip to the hospital*

Things to bring:

- Insulin, inhalers or nitroglycerin tablets.
- Please bring completed yellow Data Form.
- A list of ALL of your current medications and dosages.

Things to avoid:

- ✗ Wearing perfume/cologne or aftershave.
- ✗ Making any major decisions for at least 24 hours.
- ✗ Driving for 24 hours.

After your colonoscopy

- Your doctor will tell you the results of your exam and give you any discharge instructions to follow at home.
- Lab results of any biopsies will follow in the mail in approximately 1–2 weeks.

 Cheshire Medical Center
Dartmouth-Hitchcock Keene

✓ **You have been scheduled for a colonoscopy with**

Dr. _____

Date of Procedure: _____

Arrival time: _____ Procedure time: _____

- Please check in at the central admitting office in the main lobby when you arrive. Use the line especially designated for same day procedures. It is the closest to the front doors.



Questions to ask my Doctor



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Dartmouth-Hitchcock Keene

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