

The Colonoscopy Experience

Common Questions and Answers

DIGESTIVE DISEASE
A S S O C I A T E S



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If you need to cancel or reschedule a procedure
kindly give 24-48 hours notice.

For procedures at:

Digestive Disease Endoscopy Center please call
(954) 718-1000

At other facilities please call
(954) 721-5400

MIRALAX

CLEAR LIQUIDS ALLOWED

- Water
- Black Coffee
- Tea
- Gelatin - Jello (NO RED)
- Italian Ices
- Popsicles
- Apple Juice
- Broth
- Carbonated Beverages

DO NOT DRINK ANY RED OR PURPLE LIQUIDS

Date of procedure

Facility

Doctor:

- Nicholas C. Katz, M.D.
- Edward S. Deutsch, M.D.
- Scott M. Fuchs, M.D., F.A.C.G.
- Jeffrey H. Schneider, M.D.
- Michael B. Sternthal, M.D.

Arrival Time

Procedure Time

Common Questions

What is a Colonoscopy?

A colonoscopy is the examination of the large intestine with a long flexible tube that is about the thickness of a finger. It is inserted into the rectum and passed through the large intestine.

What happens if polyps are found?

Polyps will be removed if possible and sent for examination under the microscope.

Will the doctor speak to me after the exam?

Yes. Your doctor will speak to you and your family in the recovery area. You will receive written instructions after the exam.

Will I feel any discomfort during the procedure?

No. You will be sedated through your intravenous line with medication.

Why do I have to come in early for my procedure?

- To complete consent forms.
- To complete nursing assessment forms.
- To start IV fluids.
- To receive IV antibiotic medications when needed.

What items will I need for more my preparation?

- 255-gram bottle of Miralax (prescription)
- 4 Dulcolax tablets
- (1) one 64 oz. Gatorade or (2) two 32 oz. Gatorade bottles.

****Pregnancy test or waiver required of all patients of child bearing age.***

How to prepare for your Colonoscopy

- At time of scheduling, tell us if you are allergic to latex or antibiotics.
- Inform us if you are using Coumadin, Warfarin Plavix or any other blood thinners.

One Week Before Procedure

- Do not eat corn or seeds until after the procedure.
- Avoid Aspirin, Motrin (Ibuprofen), Aleve, Iron, Vioxx, Celebrex or other nonsteroidal anti-inflammatory drugs or aspirin products.
(You may use Tylenol)
- Purchase supplies and obtain prescription for Miralax.

Day Before Exam

- **Clear liquids all day**
(see back for suggested clear liquids)
- **DO NOT have the following:**
 - Solid foods**
 - Milk Products**
 - Red Jello**
 - Red or Purple liquids**
- At 2-3 pm take (4) four Dulcolax tablets with 8 oz. of water.
- Swallow tablets with a full glass of water.
- At 5-6 pm mix the 255 gram bottle of Miralax in 64 oz. of Gatorade or (2) two 32 oz. bottles, and shake the mixture until the Miralax is dissolved.
- Drink an 8 oz. glass every 10-15 minutes until the mixture is gone.

Diabetic Instructions

<u>Day before exam</u>	<u>Day of exam</u>
Insulin _____ am	Insulin _____ am
_____ pm	_____ pm
Diabetic Pills _____ am	Diabetic Pills _____ am
_____ pm	_____ pm

DO NOT TAKE THE FOLLOWING MEDICATIONS

- **Aspirin** _____ days before exam
- **Coumadin** _____ days before exam
- **Plavix** _____ days before exam
- Iron Tablets
- Pepto Bismol
- Iron Supplements _____ days before day of exam

TAKE THE FOLLOWING MEDICATIONS 4 HOURS PRIOR TO EXAM

- High blood pressure medication
- Heart medication
- Anti-seizure medication
- Asthma inhalants - please bring on day of exam

Take morning dose of these medications on day of exam with one sip of water.

DO NOT DRINK ANYMORE LIQUIDS

- **If you do not speak ENGLISH have a translator with you for the duration of your time at the facility.**

SOMEONE MUST DRIVE YOU HOME AFTER YOUR PROCEDURE.

No Driving after exam for 24 hrs.

- Leave your valuables including your jewelry at home.
- Bring your insurance card.
- **DRINKING FLUIDS LESS THAN 4 HOURS PRIOR TO YOUR EXAM WILL DELAY THE PROCEDURE.**