

COLONOSCOPY INSTRUCTIONS (Constipation)

Read all instructions carefully at least one week prior to your procedure.

Your procedure is scheduled for:

Date: _____

Arrival Time: _____

Location: LMH Health, 330 Arkansas St
West entrance, check in at admissions

TRANSPORTATION:

- Plan for transportation. You will be sedated for your procedure and not able to drive or work after.
You **must** bring an adult (age 18+) to drive you home.
You may **not** take a taxi, bus, or Uber by yourself.

If you do not have an appropriate ride home, your procedure will be cancelled.

Call our office if you are unable to arrange a ride.

PRE-PROCEDURE PHONE CALL:

- A nurse from the Endoscopy Center will try to reach you prior to your procedure to confirm your appointment. If you have questions prior to your procedure you can call them at 785-505-4866. You may need to leave a message. We make every attempt to check these messages daily but aren't always able to. If your question or concern is time sensitive, please make sure you speak with someone from the office or Endoscopy Department.

PLEASE NOTE:

- An appointment rescheduled or cancelled without 48 business hours' notice is considered a missed/no show appointment as we are unable to schedule another patient. Multiple missed/no showed appointment could result in dismissal from this practice.

PRIOR TO PROCEDURE:

- If you are taking Coumadin, Plavix, Pradaxa, or other blood thinners, or have any type of clotting disorder, **please let our office know as soon as possible.**
- If you take phentermine or any weight loss medications, insulin, seizure medications, or time-sensitive medications **it is important** that you speak with a nurse about necessary adjustments to your medication regimen.
✓ **Phentermine must be held 2 weeks prior to your procedure.**
- Please hold iron supplements, vitamins, and any over the counter herbs or other dietary supplements for 3 days prior to your appointment to help with your prep and prevent medication interactions.
- Please try to avoid eating nuts or seeds during the 5 days prior to your prep.
- If you have recently had surgery or been hospitalized--please call and speak to a nurse.
- Purchase the over-the-counter supplies for your prep (listed below), at a pharmacy/grocery store.

Buy the following supplies:

- ✓ One 238 Gram bottle of Miralax or Glycolax (polyethylene glycol powder)
- ✓ Six 5mg Dulcolax tablets (bisacodyl) ((Not Dulcolax Stool Softner))
- ✓ 64 ounces of any clear liquid (to mix with the Miralax)

PREP DAY (day before your procedure)

Follow a Clear Liquid Diet ***all day***. ***NO food/drinks that are solid, red/purple in color, milk products, or alcohol.***

Drink plenty of fluids throughout the day to stay hydrated. This will help your prep.

Acceptable Clear Liquid Diet Options:

✓ water	✓ sports drinks	✓ Jello
✓ Black coffee(no cream/sugar)	✓ Clear soda (7UP, sprite, ginger ale)	✓ Broth (NO noodles)
✓ tea	✓ popsicles	✓ apple/white grape juice

8:00am: Take two 5mg Dulcolax Tablets

12:00pm: Take two 5mg Dulcolax Tablets

3:00pm: Take two 5mg Dulcolax Tablets

6:00pm: Mix the entire 238g bottle of Miralax with 64 oz of water or clear liquid. Drink 32 oz within 4-6 hours. Save the other 32 oz. for the procedure day (see below).

If you become nauseated, pause for 30-60 minutes until the nausea improves, then resume drinking the mixture

TIP: Try mixing half your Miralax with water and the other half with a clear liquid you like to drink. Keep the mixture cold and try drinking it with a straw. Powdered drink mixes work well to add flavor without adding too much sugar. Avoid mixing with fruit juice, carbonated drinks or sugary beverages, which could cause nausea.

PROCEDURE DAY

4 hours before arrival time, drink the remaining 32 oz. of Miralax mixture within a 2-hour period. You should be finished 2 hours before your arrival time. You may drink WATER up to 2 hours before your arrival time, DO NOT drink anything after that.

- Take prescription medications the morning of your procedure or 2 hours prior to arrival time, unless we directed you otherwise.
- **DO NOT TAKE** Ace Inhibitors the morning of procedure. This includes Benzapril (Lotensin), Lisinopril (Zestril), Quinapril (Accupril) Captopril (Capoten), Enalapril (Vasotec).
- **No** food, drink, mints/gum, chewing tobacco, cigarettes, Marijuana or recreational drugs the morning of procedure.
- Wear comfortable, loose fitting clothes. Do not wear jewelry or bring valuables. You may leave these items at home, or with your family members. We do not provide storage for them.
- Please bring:
 - List of current medications
 - Photo ID and Insurance Card

Depending on your insurance, a portion of payment may be requested at the time of registration. If questions, call LMH Pre-Service at 785-505-3762.