

# Preparing for Your Colonoscopy at the Surgery Center at Tanasbourne

Following these steps helps ensure your procedure is successful and your recovery is as quick as possible. If you have any questions regarding the procedure, please contact us at 503-216-9500.

## 4 Days Before Your Procedure

- If you are taking Coumadin, Warfarin, Plavix and/or Ginkgo, please call the surgery center at 503-216-9500 for special instructions.
- Arrange a ride home after your procedure. You will not be permitted to drive yourself home or take public transportation unless accompanied by a responsible adult.
- Stop taking iron and vitamins with iron.
- Purchase 2 Dulcolax (bisacodyl) 5mg tablets (the laxative type, NOT the stool softener) and a 238-gram bottle of Miralax. Both products are available over the counter at most pharmacies.
- Also purchase a 64-oz. bottle of Gatorade (no red or purple flavors) to be mixed with Miralax the day before your surgery.

## 3 Days Before Your Procedure

- Stop eating celery, nuts, popcorn, seeds (poppy, sesame, berry, tomato, corn, etc.) and any food containing Olestra fat substitute (brand name Olean).
- Discontinue fiber supplements such as Metamucil, Citrucel, Benefiber, etc. You may continue to eat foods that contain fiber.
- Confirm your ride home. Remember, you will not be permitted to drive yourself home or take public transportation unless accompanied by a responsible adult.
- **If you need to cancel or reschedule your procedure, please call us at 503-216-9500 to avoid a no-show fee.**

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### The Day Before Your Procedure

- Eat a light breakfast today (coffee with milk or creamer is okay), but then begin a clear liquid diet. See below for acceptable food and beverages.
- During the day, increase fluid intake to prevent dehydration. Drink enough to keep urine clear, not yellow.
- At 4 pm, take 2 Dulcolax (bisacodyl) tablets and then stop your clear liquids.
- At 6 pm, mix the 238 gm bottle of Miralax in 64 oz. of Gatorade (no red or purple flavors). Shake the solution until the Miralax is dissolved.
- **If your procedure is scheduled BEFORE 11 a.m.**, drink all of this solution, taking 8 oz. every 15-20 minutes. Within a few hours, you will experience diarrhea and your bowel movements should eventually become watery.
- **If your procedure is scheduled AFTER 11 a.m.**, drink ½ (half) of this solution and refrigerate the remainder of the Miralax-Gatorade solution. You will drink this the morning of your procedure day.
- 1 hour after your last drink of the Miralax-Gatorade solution, resume clear liquids to stay hydrated.

### The Day of Your Procedure

- **If your procedure is scheduled BEFORE 11 a.m.**, you may have clear liquids until FOUR HOURS before your procedure. At that point, do not eat or drink anything until after your procedure. For example, if your procedure is scheduled at 8 a.m., you can drink clear liquids until 4 a.m., then nothing by mouth until after your procedure.
- **If your procedure is scheduled AFTER 11 a.m.**, drink 8 oz. of the remaining Miralax solution every 15-20 minutes starting FIVE HOURS before your procedure and until the remaining solution is gone. You may have clear liquids until FOUR HOURS before your procedure. At that point, do not eat or drink anything until after your procedure. For example, if your procedure is scheduled at 1 p.m., you can drink clear liquids until 9 a.m., then nothing by mouth until after your procedure.
- If you normally take daily medications during this time, you may take them with a small sip of water unless otherwise instructed.
- Make sure your ride knows where to pick you up. You will not be permitted to drive yourself home or take public transportation unless accompanied by a responsible adult.
- You may not resume driving until the morning after your procedure.

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### General Colonoscopy Tips & Reminders

- Consider trying flushable baby wipes to help avoid irritation from wiping with toilet paper.
- You may use Vaseline or any water soluble lubricants for relief from any rectal irritation.  
DO NOT use Desitin ointment.
- The laxative will vary in how quickly it works from patient to patient. You may experience diarrhea within an hour, or you may have to wait several hours.
- Be prepared to describe your last few bowel movements. You will be asked about the color and appearance to make sure the preparation has worked.
- Rinsing your mouth and gargling with mouthwash can eliminate any aftertaste between doses of preparation liquid.
- If you feel nauseated or bloated while taking the Miralax-Gatorade solution, you may take one break for 30-45 minutes and then resume.
- If you use reading glasses, please bring them with you as you will need to read and sign a consent form and discharge sheet.
- Please plan to wear loose, comfortable clothes to your surgery – no tights or nylons.
- Support persons are welcome in the pre-op and recovery areas, and can remain in the waiting room during your procedure. We encourage a support person to be present during the discharge consultation.

### The Clear Liquid, Colonoscopy Diet

This diet consists of clear liquids with little nutritional value, and should be followed only for a short period of time. One or two days of this diet does not represent a health risk. A clear liquid is defined as any liquid you can shine a light through, that is not foggy or cloudy, and is not colored red or purple. If you have any questions about a food or beverage, do not hesitate to call us at 503-216-9500.

**BEVERAGES:** apple juice, white grape juice, white cranberry juice, strained lemonade or limeade, tea (no milk, cream or nondairy creamer), water, carbonated and non-carbonated soft drinks, Kool-Aid and Gatorade. Coke and Pepsi are okay.

**DESSERTS:** Italian ices, ice-popsicles, Jell-O without whipped topping or fruit, and hard candy.

**SOUP:** clear broth or bouillon without noodles, vegetables, etc.

**WHAT TO AVOID:** No red or purple colored clear liquids, including gelatins, beverages and ices. No coffee, which leaves a dark coating on the lining of your colon.

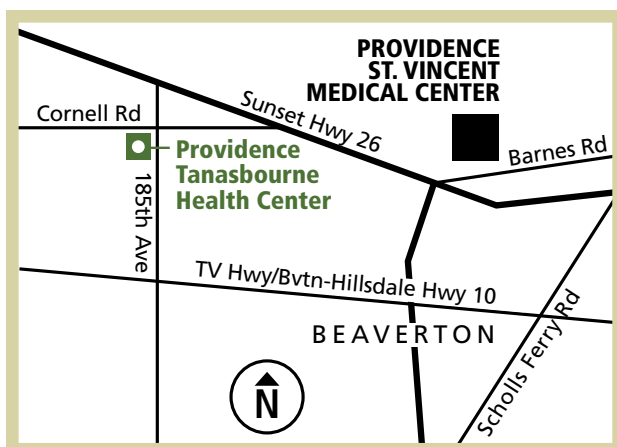
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## **Non-Insulin Dependent Diabetics: Guidelines & Instructions**

**REMINDER:** Direct access colonoscopy is NOT APPROPRIATE FOR INSULIN-DEPENDENT DIABETICS! Contact our office immediately at 503-216-9500 if you are an insulin-dependent diabetic scheduled for a direct access colonoscopy.

- We encourage you to contact your primary care physician or endocrinologist to discuss proper glucose regulation during your preparation.
- Your blood glucose and vital signs will be monitored while at the surgery center.
- Bring your oral hypoglycemic medication to the procedure. You can take it after the procedure is over if necessary.
- Oral hypoglycemic medications generally do not need adjustments and patients may take their oral medication as directed up until the day of the procedure.
  - ▶ If your procedure is scheduled before 11 a.m.: Skip the a.m. oral medication dose and take it after the procedure is over.
  - ▶ If your procedure is scheduled after 11 a.m.: Take clear liquids in the a.m. up to 4 hours before the procedure. You may suck on clear hard candies or chew on sugared gum up to the procedure time.



We are located in Providence Tanasbourne Health Center at the intersection of N.W. 185th Avenue and N.W. Cornell Road in Hillsboro.

Have Questions? Call us at 503-216-9500.

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