

Sioux Center Health **COLONOSCOPY PREPARATION HANDBOOK**

SCHEDULING

You have been scheduled for a colonoscopy. This handbook will help you get ready and help answer your questions. If you have any other questions, please do not hesitate to call us at (712) 722- 8457.

Colonoscopy Date: _____

You will receive a call with your arrival time at least 2 days prior. The time in the Avera Chart portal will not be accurate before the call.

Location: Sioux Center Health, 1101 9th St SE, Sioux Center, IA 51250
Please use the main entrance and check in with admissions.

You will receive medication to make you drowsy and comfortable during your test. This means you will not be safe to drive home after your procedure. PLEASE HAVE A DRIVER LINED UP TO TAKE YOU HOME.

NOTES: _____

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WHY SHOULD I HAVE A COLONOSCOPY?

Your colon, like other parts of your body, can get cancer. There is no single cause for colon cancer, but many colon cancers begin as non-cancerous polyps. A polyp is a small growth on the surface of your colon that can turn into cancer. Removing polyps may prevent you from getting colon cancer. If polyps have already become cancerous, catching them early increases your chance of surviving and being cured of colon cancer.

You may be at higher risk for colon cancer if:

- You are 45 years of age or older.
- You have a family history of colon cancer or polyps.
- You have had polyps before.

You may be more likely to get colon polyps if you:

- Eat a lot of fatty foods.
- Smoke.
- Drink alcohol.
- Do not exercise.
- Are overweight.

MEET OUR PROVIDERS



Brooke Konz, MD
General Surgery



Nicholas Mouw, MD
General Surgery

WHAT IS A COLONOSCOPY?

The purpose of a colonoscopy is to look inside your colon for polyps, cancers, ulcers, and other conditions. It is important to get a colonoscopy to test for colon cancer once you are 45 years of age or older since the disease usually has no symptoms.

The procedure will start with a rectal exam. The colon is then filled with air to allow a clear look at the colon. The endoscope will then pass through your anus and into the colon. The endoscope is a thin, flexible tube with a light and camera at the tip. Images are transferred to a TV monitor. As we look through your colon, we are looking for polyps, cancer, or other abnormalities. If we find polyps, we can usually remove them at the time of your colonoscopy. If there are other abnormalities found during your colonoscopy, a biopsy can be performed.

WHAT ARE THE RISKS OF COLONOSCOPY?

- Perforation (a tear) through the entire wall of the colon is reported in approximately 1/6000 screening colonoscopies. The risk can increase for therapeutic procedures, such as biopsies or polyp removal.
- Bleeding is reported in 0-4/1000 procedures.
- Cardiopulmonary: Irregular heartbeat (1/1000), low heart rate (8/1000), low blood pressure (12/1000), low oxygen levels (56/1000), heart attack and stroke (fewer than 1/1000).
- Missed polyps or lesions.

FAQ ABOUT YOUR MEDICATIONS

You may be asked to stop certain medications before your colonoscopy. If you are taking any of the medications below, please talk to your doctor about how to safely change your medication routine. Make sure to talk to the doctor who prescribed your medication before stopping or starting any medication.

What if I take any type of blood thinning medication?

- Coumadin (Warfarin, Jantoven): Stop taking 5 days prior to your procedure. You may need to have a Lovenox bridge. Please discuss this with your primary care provider.
- Aspirin: Stop taking 6 days prior to your procedure.
- Pradaxa (Dabigatran): Stop taking 3 days prior to your procedure.
- Eliquis (Apixaban), Xarelto (Rivaroxaban), or Savaysa (Edoxaban/Lixiana): You will need to stop taking 2 days prior to your procedure.
- Clopidogrel (Plavix), Effient (Prasugrel), or Brilinta (Tricagrelor): you will need to stop taking 6 days prior to your procedure.

What if I take fish oil?

Stop taking fish oil 2 days before your colonoscopy. You may continue these medicines after the test unless directed to stop by your doctor.

What if I take any type of diabetic medication?

- Oral medication: Do not take the morning of your procedure.
- Short-acting insulin: Do not take the morning of your procedure.
- Long-acting insulin:
 - If taken at night, take half of the normal dose.
 - If taken in the morning, do not take the morning of the procedure.

Diabetic/Weight loss Medication (Mounjaro, Ozempic, Trulicity, Victoza, Rybelsus, Wegovy, Semaglutide, Liraglutide, and Exenatide): If taken daily, do not take the day of the procedure/surgery. If taken weekly, do not take a week prior to the procedure/surgery. If you take phentermine, please stop one week before your procedure.

Insulin Pump: Please contact your primary care provider for recommendations.

What if I take blood pressure medicine?

If you take any medication to control your blood pressure, continue to use as prescribed.

If you have any questions regarding your medications, please call your physician.

PREPPING FOR COLONOSCOPY

Before starting your bowel prep, please have sports drinks, Dulcolax Tablets (4 tablets), and Miralax (14 doses size) on hand. Follow the timelines provided on the the next page for when you should start your prep.



Sports Drinks (64 ounces)



Dulcolax Tablets (4 tablets)



Miralax (14 doses size)

What are the effects of the “bowel prep?”

You will have a lot of diarrhea from the bowel prep. This will start within 3 hours after you start drinking the prep. Plan to be at home near a bathroom. You may have nausea, bloating, and occasional abdominal discomfort. This is normal, do not be alarmed. If the symptoms are severe, please call.

My prep hasn't started working yet. Is that OK?

Everyone responds differently to the bowel prep. If you have waited longer than 3 hours for a response, please make sure you are drinking enough fluids. Take 2 more Dulcolax tablets. If you still do not have results despite drinking plenty of fluids and taking the Dulcolax, please call.

What should I do if I become nauseated?

Start to slow down drinking the bowel prep. You should wait for the nausea to resolve. Then you should resume drinking the bowel prep at a slower pace.

If you are also having an EGD (esophagogastroduodenoscopy), please have nothing to drink after midnight.

COLONOSCOPY BEFORE NOON

What you eat:

You must not eat any solid food the day before your colonoscopy. You may only eat a clear liquid diet. Follow the food and liquid pages for guidance.

What you drink:

You may only drink clear liquids for breakfast, lunch, and dinner. Be sure to drink at least 12 glasses (10-12 ounces) of clear liquids throughout the day in addition to the 12 glasses you have to drink with your bowel prep.

PREP ONE DAY BEFORE YOUR COLONOSCOPY

- Breakfast**
- Clear liquid diet for breakfast. NO solid food.
 - Drink at least 4 large glasses of clear liquids.

- Lunch**
- Clear liquid diet for lunch. NO solid food.
 - Drink at least 4 large glasses of clear liquids.

Afternoon 3:00 PM - 4:00 PM

- Take 2 Dulcolax tablets
- Consider using Aloe wipes
- Use Vaseline or A&D ointment to perianal skin

5:00 PM - 7:00 PM

- Mix 1/2 bottle of Miralax (7 doses) with 1/2 of the sports drink (32 ounces)
- Drink 8 ounces every 20 minutes until gone

- Dinner**
- Clear liquid diet for dinner. NO solid food.
 - Drink at least 4 large glasses of clear liquids.

Evening 8:30 PM - 10:30 PM

- Take 2 more Dulcolax tablets
- Mix remaining 1/2 of Miralax (7 doses) with the other 1/2 of the sports drink (32 ounces)
- Drink 8 ounces every 20 minutes until gone

NOTHING TO DRINK AFTER MIDNIGHT.

COLONOSCOPY AFTER NOON

ONE DAY BEFORE YOUR COLONOSCOPY

What you eat:

Eat a light dinner the day before your colonoscopy. An example of a light dinner is: 1 slice of white bread, skinless chicken, fish, eggs, and cheese. You must not eat any solid food after 6:00 pm the day before your colonoscopy. After 6:00 pm, you may only eat a clear liquid diet. Follow the food and liquid pages for guidance.

What You Drink:

You must only drink clear liquid after 6:00 pm the night before your colonoscopy. Be sure to drink at least 12 glasses (about 10-12 ounces) of clear liquids throughout the day in addition to the 12 glasses you have to drink with your bowel prep.

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| Night Before | <ul style="list-style-type: none">• After 6:00 pm clear liquid only. NO solid food.• Drink at least 4 large glasses of clear liquids. |
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| Morning | 5:00 AM - 6:30 AM <ul style="list-style-type: none">• Take 2 Dulcolax tablets• Consider using Aloe wipes• Use Vaseline or A&D ointment to perianal skin• Mix 1/2 bottle of Miralax (7 doses) with 1/2 of the sports drink (32 ounces)• Drink 8 ounces every 20 minutes until gone |
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| Breakfast | <ul style="list-style-type: none">• Clear liquid diet for breakfast. NO solid food.• Drink at least 4 large glasses of clear liquids. |
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| Morning | 7:30 AM - 9:00 AM <ul style="list-style-type: none">• Take 2 more Dulcolax tablets• Mix remaining 1/2 of Miralax (7 doses) with the other 1/2 of the sports drink (32 ounces)• Drink 8 ounces every 20 minutes until gone |
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STOP CLEAR LIQUIDS 3 HOURS PRIOR TO COLONOSCOPY.

WHAT LIQUIDS ARE OK?



WATER



TEA



BLACK COFFEE



SODA



**CLEAR SPORTS
DRINKS**



**CLEAR JUICE
(APPLE, GRAPE,
CRANBERRY)**

WHAT LIQUIDS ARE NOT OK?

YOU SHOULD NOT DRINK ALCOHOL WHILE PREPARING FOR YOUR TEST.



NO MILK OR DAIRY



**NO COFFEE WITH
CREAM**



NO PINEAPPLE JUICE



NO ORANGE JUICE

WHAT FOODS ARE OK?



HONEY



JELLO



CLEAR BROTH



POPSICLES



HARD CANDY

WHAT FOODS ARE NOT OK?



**NO BREADS, GRAINS,
RICE**



**NO SOUP WITH
CHUNKS OF FOOD**



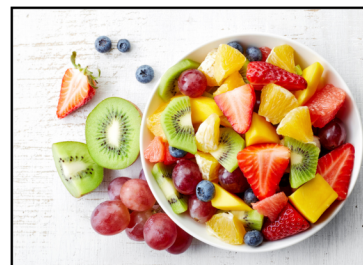
NO MEATS



NO VEGETABLES



NO DAIRY PRODUCTS



NO FRUITS



Sioux Center Health
An Avera Partner

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