

ABOUT THE PROCEDURE

The colonoscopy usually takes about a ½ hour. Expect to be at the surgical facility 2-3 hours for your test and recovery time. Dr. Perryman will speak with a family member after the procedure and let them know of the findings. The sedation medicine you receive for the procedure may prevent you from remembering everything that she says. There are no restrictions on what can be eaten after the procedure. You may be drowsy following your colonoscopy, and may need additional rest that day.

If biopsies are taken, the results will be available in four-to-five days. Please call our office to obtain the results at (303)840-8822. Follow-up appointments can be made to discuss the biopsy findings, need for further studies, and other screening tests.

Talk to Dr. Perryman or her medical staff if you have any questions or concerns.



www.ColoradoColon.com



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MIRALAX BOWEL PREP INSTRUCTIONS

REPORT TO: _____ PARKER ADVENTIST HOSPITAL
REGISTRATION, 1ST FLOOR
_____ CROWN POINT SURGERY CENTER
9397 CROWN CREST BLVD, STE 110
_____ SKY RIDGE SURGICAL CENTER
10099 RIDGE GATE PKWY, STE 100

DATE: _____ APPT TIME: _____ CHECK IN TIME: _____

- ✓ Please report to Parker Hospital or Sky Ridge **1 ½ HOURS** prior to the test, or **1 HOUR** if it is at Crown Point.
- ✓ You will need an adult to drive you home after the colonoscopy. If you do not have a driver present, your procedure will be cancelled. You may not take a cab home. Working or driving is not permitted for the rest of the day.
- ✓ **NO ASPIRIN OR ASPIRIN PRODUCTS FOR 1 WEEK PRIOR TO YOUR PROCEDURE.** These products include: Advil, Motrin, Ibuprofen, Aleve, and Midol.
- ✓ Hold all herbal supplements, fish oil, glucosamine and vitamin E for **1 WEEK** prior to your procedure.
- ✓ For pain, take only Tylenol (acetaminophen) unless otherwise directed by Dr. Perryman.
- ✓ Please inform Dr. Perryman if you are taking Coumadin, Xarelto, Plavix, or other similar blood thinning medications.
- ✓ Avoid fibrous food a week prior to procedure. No nuts, seeds, popcorn, or grains.

BOWEL PREP

REMEMBER: Your colonoscopy preparation is VERY important. An adequate clean-out allows for the best evaluation of your entire colon. Poor preparation could lead to the cancellation of your procedure. Using baby wipes or “Tucks” and Desitin ointment may ease some discomfort you may have during your prep. *Be kind to your behind!*

THE DAY BEFORE YOUR COLONOSCOPY:

- ✓ **Do not eat any solid food the entire day before your colonoscopy!**
- ✓ **Drink only clear liquids from the time you get up in the morning.**
- ✓ **AVOID ALL RED, ORANGE, PURPLE, AND LIMIT DARK COLORED LIQUIDS.**
- ✓ **Keep yourself well hydrated all day. Drink at least 64 oz of clear liquids before starting the laxatives.**

Clear liquids include: WATER, CLEAR FRUIT JUICES (NO PULP), POPSICLES, ICE, SOFT DRINKS, GATORADE, CLEAR BROTH OR BOUILLON, GELATIN, KOOL AID, COFFEE OR TEA (NO MILK OR CREAM). NO ALCOHOL.

You will need these 3 items available without a prescription:



- 1. Four (4) Dulcolax laxative tablets, 5 milligram (biscodyl)**
- 2. Miralax 8.3 oz/238 grams bottle size**
- 3. 64 oz Gatorade or Crystal Light (NO RED, ORANGE, OR PURPLE)**

1:00 PM	THE AFTERNOON <i>BEFORE</i> YOUR COLONOSCOPY Take 4 Dulcolax laxative tablets with an 8 oz drink of clear liquid. Mix entire bottle of Miralax into 64 oz container of Gatorade or Crystal Light. Refrigerate.
4:00 PM	Start to drink ½ of the 64 oz Miralax mixture. Drink one 8 oz glass every 10-15 minutes until the entire 32 oz mixture is gone. Drink the liquid quickly rather than sipping slowly. Be sure to finish drinking all the liquid. If you feel nauseated, stop drinking for a while. You will have many bowel movements throughout the rest of the day. They will become very watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool. Drink an additional <u>minimum</u> of 16 oz of clear liquid throughout the rest of the evening.
9:00 PM	Drink the second ½ (32 oz) of the Miralax mixture similarly.
12:00 Midnight	Do not ingest anything after 12:00 midnight. You may gargle but do not swallow any liquid. Do not smoke after 12:00 midnight.

THE DAY OF YOUR COLONOSCOPY:

- ✓ **DO NOT EAT OR DRINK ANYTHING UNTIL AFTER YOUR PROCEDURE.**
- ✓ If you are to take your morning medicines, take with a small sip of water **ONLY**.
- ✓ You will need to have an adult drive you home after your test. You will not be able to leave by yourself.