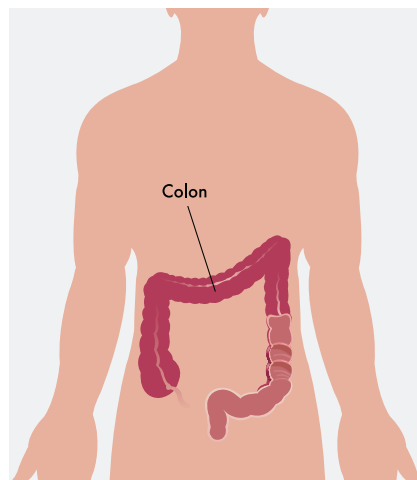


Getting Ready for Your Colonoscopy at LRH

Colonoscopy with Dulcolax-Miralax Split Bowel Prep Instructions



**You are scheduled for a colonoscopy at Littleton Regional Healthcare (LRH)
with Dr. Jonathan Lamphier on ____/____/____**

This is a procedure during which your doctor uses a scope to look at your entire large intestine. It's very important to follow these instructions. We rely on you to clean your colon beforehand. If your colon is not clean, your doctor will have a hard time seeing it. Then, you might have to return for another colonoscopy.

DESIGNATED DRIVER ON THE DAY OF YOUR EXAM

You will receive medicines during the exam to make you comfortable and sleepy. These medicines will be given by IV (a soft flexible tube in your arm). **YOU MAY NOT DRIVE HOME AFTER YOU RECEIVE SEDATION.** You must have a responsible adult 18 years or older with a valid driver's license who is on site through your entire procedure.

- ✓ You must give the name of your ride to the nurse when they call you 2-3 days before your exam.
- ✓ This adult must stay with you for several hours after your exam.
- ✓ **If your companion does not stay on site at LRH, you will be asked to reschedule your exam.**
- ✓ You may not go home alone in a taxi, shuttle, van, or bus. The drivers will not be responsible for you.
- ✓ You may not drive until the day after your exam.
- ✓ Some people may receive deep sedation, with an anesthesia care provider, instead of moderate sedation. Another appointment may be scheduled for a pre-anesthesia review if anesthesia is ordered for you.

Questions or Concerns

Same Day Surgery (603) 444-9264 or (603) 259-7797
Physician Office (603) 259-7798

PLEASE LET US KNOW IF YOU TAKE BLOOD THINNERS

Please let us know if you take blood thinners. You might have to stop taking this medication a few days before your procedure. Call the office at 603-444-0997.

- | | |
|--|---|
| <input type="checkbox"/> Rivaroxaban (Xarelto) | <input type="checkbox"/> Heparin (various) |
| <input type="checkbox"/> Dabigatran (Pradaxa) | <input type="checkbox"/> Warfarin (Coumadin) |
| <input type="checkbox"/> Apixaban (Eliquis) | <input type="checkbox"/> Clopidogrel (Plavix) |

7 DAYS BEFORE YOUR COLONOSCOPY

- ✓ Avoid high residue foods, i.e., fruits (fresh/dried), vegetables, seeds, nuts.
- ✓ Stop iron pills and fiber supplements (such as Metamucil, Citricel).
- ✓ Hold Aspirin/NSAIDS (Ibuprofen, Motrin, and Aleve) and Vitamin E starting 5-7 days before the procedure unless otherwise indicated by Dr. Lamphier or nurse. Tylenol is okay to take.

2-3 DAYS BEFORE YOUR COLONOSCOPY

Follow the below instructions starting ____/____/____

Your Procedure Time _____ STOP Drinking at This Time _____

1. The Same Day Surgery/Endoscopy nurse will call you. The nurse will review your medical history. Have your medication list on hand. This nurse will review your medication list, and tell you which medication you can take the day of your procedure. **Write this list in the blue box below.**

2. Please provide reliable telephone numbers where we can reach you when we call you 2-3 days before your procedure.
3. Give the Same Day Surgery nurse your designated driver's name. This person will need to sign your discharge instruction, and be able to take you home. See **DESIGNATED DRIVER ON THE DAY OF YOUR EXAM** information on the cover of this brochure for details.

☑ PREPARATIONS FOR THE TEST AT HOME

You will need to buy the following items which are over the counter:

- ✓ TWO Dulcolax laxative tablets
- ✓ ONE 238 gram bottle of Miralax
- ✓ ONE 64oz. of Gatorade, Propel Water, apple juice, white grape juice, iced tea, Crystal Light Lemonade or clear liquid of your choice

ONE (1) DAY BEFORE YOUR COLONOSCOPY

Follow the below instructions starting ____/____/____

Have a complete clear liquid diet the entire day before the test. This includes Gatorade, Propel Water, apple juice, white grape juice, iced tea, Crystal Light Lemonade, clear broth, strained fruit juices, coffee, tea, carbonated beverages, water, jello, or ice pops.

**** Do NOT** have any DAIRY products, ANYTHING RED or ANY SOLIDS.

* At **3:00PM**, take 2 Dulcolax tablets, followed by 8 oz. of clear liquids

* At **6:00PM** (*the evening before your procedure*), mix the 238 gram bottle of Miralax in 64oz of CLEAR fluid. Shake until the powder is completely dissolved. Drink an 8oz glass every 15 minutes until half the bottle is consumed. You should continue to drink clear liquids to help flush things out. A good sign that the preparation has been effective is the transition to clear, watery bowel movements.

**** DO NOT HAVE ANYTHING BY MOUTH AFTER MIDNIGHT,**
aside from finishing AM prep

Reference this chart to see what your stool (poop) should look like when your colon is well cleaned, and ready for your procedure.

Stool Color	Description	Readiness
	Dark, thick, particles	NOT READY
	Brown, thick, particles	NOT READY
	Dark orange, semi-clear	NOT READY
	Light orange, mostly clear	ALMOST READY
	Yellow, light, clear	READY

✓ **HELPFUL TIPS**

- Consider drinking the prep through a straw and chilling the bottle. It may improve tolerance.
- Use baby wipes instead of toilet paper. Have some Vaseline or Desitin on hand for a sore bottom.
- The prep may start working from 30 minutes to 3 hours. Please remain close to a toilet.

DAY OF YOUR COLONOSCOPY

Follow the below instructions starting ____/____/____

- * **6 hours before your scheduled arrival time**, drink the remainder of Miralax every 15 minutes until complete.

Take all blood pressure and cardiac medications the morning of your procedure, unless instructed otherwise by Dr. Lamphier. Hold any other medications the day of the procedure, unless instructed otherwise by Dr. Lamphier.

➔ DO NOT EAT or drink anything after you finish drinking the second half of your Miralax prep

✓ **FOR 24 HOURS AFTER YOUR PROCEDURE:**

- You may not drive
- You may not operate equipment (lawnmower, snowblower, ATV, snowmobile)
- You may not sign important documents
- You may have a light meal after your colonoscopy

DAY AFTER YOUR COLONOSCOPY

Follow the below instructions starting ____/____/____

- Drink at least 8, 8 oz. glasses of clear liquids. This is important for keeping your kidneys healthy.
- If you had a biopsy and are having bleeding, call Dr. Lamphier right away at (603) 259-7798.