

Colonoscopy is a procedure to examine the colon. A small flexible tube with light and miniature camera is inserted into your rectum. Medication is given by I. V. to keep you comfortable during your exam. The risks include but are not limited to pain, bleeding, infection, medication reactions (irregular heart rhythm or breathing difficulties), bowel perforation, need for blood transfusion, surgery or repeat colonoscopy, ICU stay and even rarely death.

Some procedures are scheduled directly. However, if you wish to first have a consultation with the doctor in the office, to discuss the procedure, sedation, risks and complications, alternatives etcetera, please notify our office and schedule a clinic visit instead.

**Purchase: (MIRALAX PREP)**

**Miralax or generic (238 gm) – over the counter, ½ ( half) gallon drinking water, Bisacodyl 5 mg (generic for dulcolax) 4 tablets.**

**Preparation**

1. You will need to **stop aspirin** and **Anti-inflammatories** for seven (7) days before your exam. These medications include Advil, Alka-Seltzer, Anacin, aleve, BC powder, Bufferin, Ecotrin, Excedrin, Ibuprofen, Feldene, Midol, Motrin, and Naprosyn. Check with your doctor if you have any questions about medications.
2. You will need to **stop iron or ferrous sulfate, herbal medications, metamucil** for seven (7) days before your exam.
3. **Stop taking Coumadin (Warfarin)** for five (5) days before your exam. Please get an okay from your primary care doctor to stop coumadin for the test (may need lovenox). If you have an artificial heart valve, please notify Dr. Mahajan's office.
4. **Stop taking Plavix (Clopidogrel)** for five (5) days before your exam. Please get an okay from your cardiologist/neurologist.
5. Medications **allowed** the morning of your procedure with a small sip or water or 7-up include:
  - Blood Pressure medication.
  - Heart medication.
  - Breathing medication, anxiety, depression medications.
6. Medications to **avoid**: Insulin or diabetic medication on the morning of your exam(check with primary physician). **FAILURE TO HAVE A DRIVER WILL RESULT IN CANCELLATION OF EXAM. If colon is not totally cleaned out, the procedure will have to be repeated.**

**OVER**

Take 2 tablets dulcolax (bisacodyl) on \_\_\_\_\_ at 9 PM (2 days before procedure) - Pour entire Miralax 238 gm in 1/2 (half) gallon jug of water. Refrigerate it.

**Clear Liquid Diet \_\_\_\_\_**  
**No Solid Food or Milk Products all day**

Water

7-Up or Sprite type

Chicken Broth or Beef Bouillon (No noodle soups)

Clear Gatorade

Plain coffee or tea (no cream or milk or Coffemate)

Jell-O (White grape or Lemon), *with no fruits in them*

Apple or White grape juice

Kool-Aid, popsicles, strained fruit juices (no pulp)

**AVOID ALL RED, PURPLE, OR ORANGE COLORING**

Start drinking miralax at 5:00 p.m. and complete entire jug in 2 hours. (**You may start as early as 10 am**). If you develop nausea and vomiting, please stop drinking miralax prep for 1 hour. Then, resume the prep to complete it. **After completion of miralax, wait 1 hour. Then take 2 tablets of dulcolax (bisacodyl).**

■ May have clear liquids after miralax jug is completed.  
Follow these instructions only.

**Day of Procedure \_\_\_\_\_**

You can have clear liquids only, until *4hours prior to procedure*. Take the allowed medications with sip of water (see other side of this page). You are required to have a responsible adult to accompany you to and from the hospital. You will not be allowed to drive home after discharge.

Please register at \_\_\_\_\_ a.m.

**Do not take diabetic meds in the morning.**

( ) Unity Surgical Center  
1411 South Creasy Lane  
(Enter Lafayette Orthopedic Bldg.  
Take elevator to second floor  
Suite # 200)  
Tel: 765-446-5000

( ) St. Elizabeth **EAST**(ON CREASY)  
GI lab (Endoscopy center)  
**CALL 423-6443 TO PRE-REGISTER**  
*(go to North Entrance)*  
Tel: 765-502-4750

**PLEASE CANCEL PROCEDURE 3 DAYS IN ADVANCE (807-0531) TO AVOID CHARGE of \$50. If any biopsies are taken/blood test done, results will be mailed in 2 weeks. PLEASE TURN OVER FOR IMPORTANT INFO.**