

Associates in Colon and Rectal Surgery
Dr. Michelle E. Murday Dr. Jill E. Clark (formerly Waldron) and Dr. Abby Crume
1250 E. 3900 S. Suite 320 Salt Lake City, UT, 84124
801.263.1621

Colonoscopy Checklist

Instructions:

Here is a checklist of things to do as you prepare for your colonoscopy. As you complete a task check it off on your list by marking an "X" in each box. Make sure each box has been checked prior to coming in for your procedure.

BEFORE YOU START YOUR BOWEL PREP:

- **Read all of your instructions carefully**
- Purchase two 8.3 oz. bottle (14 day supply) of MiraLax or a generic equivalent. This is available at your local grocery store or pharmacy.
- Purchase 128 oz. of Gatorade. If you are diabetic you can substitute Pedialyte or Crystal Light. **Do not** purchase red or purple colored flavors of any of these drinks.
- Purchase 1 box of Dulcolax (bisacodyl) 5 mg tablets
- Make sure you have no questions about your medications. If you do please call the prescribing doctor
- Make sure you have made arrangements for someone to drive you to and from your colonoscopy

THE DAY BEFORE YOUR COLONOSCOPY:

- Breakfast – clear liquids only
- Lunch – clear liquids only
- Dinner – clear liquids only
- At 4 p.m. take four (4) Dulcolax (bisacodyl) tablets at once with a glass of water.
- Take one-half of the bowel prep starting at 5:00pm
- Drink 8-16 oz. of clear fluids every hour throughout the day to prevent dehydration.
- If you have diabetes and take Lantus or medications alike, take only one half of your typical dose.

THE DAY OF YOUR COLONOSCOPY:

- Do not eat any solid food until after your colonoscopy.
- Take the second part of your bowel prep as instructed, starting 4 hours before and finishing at least 2 hours before your colonoscopy appointment.
- After you complete the prep do not take any other liquids.
- Arrive one hour before your scheduled procedure time accompanied by your driver.
- Do not take any diabetes medicine, diuretics, or blood pressure medication that ends with "-pril" or "-artan"

***If you have any further questions or you need to reschedule your exam please contact our surgery scheduler at 801.263.1621**

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PLEASE READ THESE INSTRUCTIONS THOROUGHLY AND CAREFULLY. YOU MUST HAVE A COMPLETELY CLEANSED COLON ENABLE FOR US TO PERFORM YOUR COLONOSCOPY. IF YOU FAIL TO FOLLOW THESE INSTRUCTIONS YOU WILL BE RESCHEDULED.

You have been scheduled for a colonoscopy at _____ on _____. We know it can be a challenge to get ready for a colonoscopy. We also know that you may have many questions about your procedure. We have created these instructions to help answer your questions and get you ready. After you have thoroughly read these instructions we ask that you **please complete the attached checklist** as you prepare for the procedure.

How does a colonoscopy work?

The purpose of a colonoscopy is to look inside your large intestine (colon) for possible polyps, cancers, and other conditions. Just before the procedure starts you will receive some anesthesia to put you to sleep. The doctor will pass a flexible tube through your colon that has a small camera and headlight to see the inside of your colon on a TV monitor. The doctor can take biopsies of any abnormal area(s) and can also remove polyps if necessary. You will wake up shortly after the test. Most people do not remember having the procedure done.

Why is it important to get clean on the inside?

If the inside of your colon is dirty then your doctor may not see important things like cancer or polyps. This may result in you having to repeat your colonoscopy. This would mean that you have to start over and come back on a different day to repeat your colonoscopy.

If you come in with your colon properly emptied out, the doctor will be able to see the entire colon ensuring that you only have to do your colonoscopy **once**. Please follow these instructions carefully.

You will need to purchase the following items to prepare for your colonoscopy:

- Purchase 128 oz of Gatorade (do not purchase red or purple colored flavors)
- If you are diabetic you may substitute Gatorade with Pedialyte or Crystal Lite
- Purchase two 8.3oz containers of MiraLax – a generic substitution is okay.
- Purchase a box of Dulcolax (bisacodyl) 5 mg tablets.
- You **DO NOT** need a prescription for any of these items. They are all available over the counter at your local grocery store or pharmacy.

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7 DAYS BEFORE YOUR COLONOSCOPY : _____

You need to stop taking non-steroidal anti-inflammatory medicines (NSAIDS). Examples of these medications include Ibuprofen and Aspirin unless it has been prescribed by a doctor. **If these have been prescribed to you by a physician please let our office know so that we can get clearance from your prescribing physician to proceed with your colonoscopy.**

If you take Plavix (Clopidigrel), Coumadin (Warfarin), Xarelto (rivaroxaban), or any other blood thinning medications then you should discuss this with the **prescribing physician** to ensure it is safe for you to be off of these medications for 7 days prior to your procedure. **If these have been prescribed to you by a physician please let our office know so that we can get clearance from your physician to proceed with your colonoscopy.**

3 AND 2 DAYS BEFORE YOUR COLONOSCOPY : _____ and _____

You will need to begin a low fiber diet. This means **NO** raw vegetables, raw fruits, or whole grains (such as whole grain bread, popcorn, nuts, seeds or oatmeal).

Items that you can eat include: Potatoes and other starchy vegetables, rice, pasta, white bread, dairy, meat, smoothies, puddings, sodas of all colors and coffee (with cream and sugar is okay).

1 DAY BEFORE YOUR COLONOSCOPY : _____

What you can eat: You must not eat any solid foods starting today.

What you can drink: You must drink only clear liquids for breakfast, lunch, and dinner. It is vital for you to drink plenty of fluids throughout the day. These items include: chicken, vegetable or beef broth, Jell-O, Gatorade, apple Juice, soft drinks, tea, black coffee (**with no creamer or milk**), gummy or hard candy, popsicles (with no fruit or seeds) and of course **water**. **You must steer clear of any alcohol as this acts as a blood thinner.**

Taking your bowel prep: To create your bowel prep, you will mix the two bottles of MiraLax powder with the 128 oz. of Gatorade. If you are diabetic you will supplement Gatorade with Pedialyte or Crystal Light. Shake well and chill. At 4 p.m. you will need to take four (4) Dulcolax (bisacodyl) tablets at once with a glass of water. Start drinking half of the prep at about 5 p.m. Drink one 8 oz. glass of this solution every 15 minutes until your mixture is gone. Once this solution is gone you may only consume clear liquids. We recommend

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drinking 8-16 oz. of clear fluid every hour to help prevent dehydration. **Do NOT have any solid food until after your colonoscopy is completed.**

*Medications: If you are diabetic we recommend you take only one-half of the dose of long lasting insulin (example: Lantus) the night before your colonoscopy.

DAY OF YOUR COLONOSCOPY: _____

What you can eat: You must not eat any food, suck on any candy or chew any gum until AFTER the colonoscopy is over.

Medications: Do not take any medications for diabetes, diuretics (such as Lasix and Furosemide), or blood pressure medications that ends in “-pril” or “-artan”. You may take other medications with a small amount of liquid for up to 2 hours before the colonoscopy.

At this time you: Will drink the remaining half of the bowel prep. If you are diabetic you will supplement Gatorade with Pedialyte or Crystal Light. Shake well. Drink one 8 oz. glass of this solution every 15 minutes until your mixture is gone.

You must start the Gatorade/MiraLax mixture starting 4 hours before the time of your arrival to your colonoscopy procedure, and you must finish it 2 hours before the time of arrival even if this means getting up throughout the night or early in the morning. It is vital to take the second part of your prep at the times we have specified above, in order to get the best results possible.

After you complete the prep do not eat any other foods or drink any further liquids. Your arrival time for your colonoscopy will be: _____ a.m./p.m (unless you hear otherwise; subject to change). You must be accompanied by an adult who can drive you home after your procedure. Please make sure you bring your insurance card, photo ID, and a list of your current medications with you to the facility. If you have an ostomy, please bring a new set of supplies in case it needs to be changed. If you live more than 1 hour away from the facility where you are scheduled, we recommend you wear an adult diaper during your trip. This will prevent you from having any accidents while you travel.

AFTER YOUR COLONOSCOPY

After the colonoscopy is completed we will observe you in a recovery area for approximately 30 minutes. Before you leave the facility the doctor will explain the results of the exam and also give you a report and instructions to follow once you get home. There person who came with you must sign you out and drive you home. You cannot drive or go back to work for at least 12 hours.

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FREQUENTLY ASKED QUESTIONS

Q: What are the side effects of the “bowel prep”?

A: You will have lots of diarrhea from the bowel prep. This will start anywhere between a few minutes to 3 hours after you start the prep. You will spend a lot of time on the toilet once you start taking the prep. It's best to plan to be at home and near a bathroom. You may use wet wipes and/or some type of barrier cream to keep your skin from chaffing (i.e. Vaseline, A & D ointment or diaper rash creams). Most patients will experience bloating and abdominal discomfort. This is normal. Some people do not like the taste or smell of the bowel prep. Please do not let this get in the way of taking the bowel prep directly. Very rarely some people will experience nausea and vomiting while taking the prep. If this happens, stop taking the prep and call us at 801.263.1621 for further instruction.

Q: How do I know if my prep is working?

A: Your stool should be clear without many particles. You know you're done when the stool coming out is yellow, light, liquid and eventually clear in color.

Q: My prep hasn't started working yet is that okay?

A: Different people respond differently to the bowel prep. Some patients start having diarrhea within minutes of taking the prep, while others have no response for an hour or more. If you have waited more than 3 hours without a response, then it may not be working very well. Be sure that you are drinking enough fluid, as instructed above. If that doesn't work, take the second part of your prep and continue to drink the fluids. It should work eventually. If the medicine is still not working at all despite drinking 8-16 oz. of fluid an hour and taking the colonoscopy prep and prescribed, please contact our office immediately at 801.263.1621.

Q: What if I normally take medications?

- **A:** Aspirin and other NSAIDS: Stop taking these 7 days before your colonoscopy unless they have been prescribed by your physician. If this is the case please contact the prescribing physician as we will need to get clearance from them to ensure you are healthy enough to undergo this procedure.
- **A:** Plavix, Coumadin, Warfarin, Xarelto and other blood thinners: Please contact the prescribing physician as we will need to get clearance from them to ensure you are healthy enough to undergo this procedure.
- **A:** Blood Pressure Medications: Do not take any diuretics such as Lasix, or blood pressure medicine that end with “-pril or “-artan” on the day of the colonoscopy.
- **A:** Diabetes Medications: If you are diabetic and take long acting insulin such as Lantus, take only one-half of your regular dosage the night before your procedure. Then, do not take your diabetes medicine on the morning on the procedure. You will resume to your normal routine after your procedure.

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- **A:** If you have any further questions about your medications please contact your prescribing physician's office for further instruction.

Q: How long will the procedure take?

A: Your colonoscopy will usually take anywhere from 10-30 minutes. However, you should plan on spending several hours at the facility for preoperative care as well as recovery.

Q: Can I drive myself home after my procedure?

A: NO! You will receive medications to make you sleep during the procedure. That means you cannot drive after your colonoscopy and must arrange for someone else to drive you home.