

GREATER BOSTON GASTROENTEROLOGY

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DULCOLAX / MIRALAX PREPARATION FOR COLONOSCOPY

You are scheduled for a **colonoscopy** on: _____ at: _____.

Please check in at: _____.

MetroWest Medical Center

67 Union Street
3rd floor / Outpt Reg
Natick, MA 01760

Boston Endoscopy Center

175 Worcester Street
Wellesley Hills, MA 02481

Marlborough Hospital

157 Union Street
Marlborough, MA 01752

MetroWest Medical Center

115 Lincoln Street
Endoscopy Dept. 1st Floor
Framingham, MA 01702

Until 12/04/2009

Charles River Endoscopy

297 Union Avenue
Framingham, MA 01702

As of 12/07/2009

Charles River Endoscopy

571 Union Avenue
Framingham, MA 01702

1. **You must have a family member or friend drive you home after the examination due to medications which are given to you during the procedure.**
2. **You must have the entire day off, no working, no driving, and no plans. In the morning you will be cleaning out your bowel for the procedure and in the afternoon you will be recovering from the medications used during the procedure.**
3. **Please bring with you to your procedure a list of all of your current medications.**
4. **When this procedure was scheduled, the insurance on file for you was:**

If your insurance changes, you must notify the office at 508-620-9200 at least 14 days prior to your procedure. You will be responsible for any charges due to lack of correct insurance information.

If your colonoscopy has been scheduled for screening (you have no symptoms with your bowels*), and your doctor finds a polyp or tissue that has to be removed during the procedure, this colonoscopy is no longer considered a screening procedure. It is considered a surgical procedure and your insurance benefits may change. Please check with your insurance company prior to starting the bowel preparation to assure that you understand your insurance benefits and coverage.

****Symptoms such as change in bowel habits, diarrhea, constipation, bleeding, anemia, etc.***

PREPARATION FOR COLONOSCOPY

Preparation of your bowel for colonoscopy consists of a complete flushing of all waste material prior to the examination. Please follow these instructions completely. If you have any questions regarding the preparation, do not hesitate to call us.

There are some very important facts that you need to be aware of:

1. Obtain four (4) Dulcolax tablets from any pharmacy. You do not need a prescription.
2. Obtain one (1) 238 gram bottle of Miralax from any pharmacy. You do not need a prescription.
3. Purchase one (1) 64oz bottle of any flavor Gatorade (except red or purple).
4. You should continue taking all other regular medications, even on the day of the examination.
5. Please inform us if you take Coumadin or Warfarin. It will need to be discontinued five days before the procedure.
6. Please inform us if you take Plavix. It will need to be discontinued seven days before the procedure.
7. Please inform us if you take insulin. It will need to be altered for the preparation and the procedure.
8. Do not take any pills for diabetes on the day before and evening before procedure, or the day of the procedure.

ONE WEEK PRIOR:

- **Do not** take aspirin, aspirin-containing medications, Ecotrin, Bufferin, Anacin, Advil, Aleve, Nuprin, Motrin, Ibuprofen, other anti-inflammatory medications for seven days prior to the examination. If there is a concern regarding this, please discuss with your prescribing physician.
- You may take Tylenol or acetaminophen any time before or after the procedure.
- **Do not** take iron supplementation for seven days prior to the examination.

THREE DAYS PRIOR:

- **Do not** eat legumes, peas, carrots, corn, tomatoes, watermelon, or nuts for three days before your colonoscopy.

DAY BEFORE EXAM:

- **CLEAR LIQUIDS ONLY ALL DAY!!**

The following items are those that may be used in a **CLEAR LIQUID** diet: **Broth, Bouillon, Ginger ale, Sprite, 7-up, Apple juice, White grape juice, Water, Popsicles, Jell-O (no red or purple colored, no fruit or cream added) Black coffee or tea (may have sugar but no milk or cream)**

- At 3:00 PM: Take four (4) Dulcolax tablets with clear liquid of your choice.
- At 5:00 PM: Mix the one (1) 255 gram bottle of Miralax in 64oz of Gatorade. Shake the solution until the Miralax is dissolved. Drink an 8oz glass of the solution every 10-15 minutes until the solution is gone.
- Before midnight, drink at least three (3) additional glasses of clear liquids.

DAY OF EXAM:

- You can take clear liquids up to four hours before the procedure.

The examination will take approximately 45 minutes, but this may vary from patient to patient. After the examination is completed, you will spend approximately one hour in our recovery area.

Please keep in mind that this is an estimated appointment time. Because the time involved in each procedure is often unpredictable, and procedures are scheduled to follow each other consecutively; there are occasions when the schedule runs behind. Your patience and understanding are appreciated.

DAY AFTER EXAMINATION:

You can expect to resume normal activities again unless otherwise indicated. After the procedure, you will be given instructions about diet and medications.

INFORMATION REGARDING A COLONOSCOPY

What is a colonoscopy? A colonoscopy is a procedure which allows the doctor to examine the inside of the colon (also called the large intestine). Colonoscopy is a highly reliable method for determining the presence and severity of diseases of the colon. It can reveal details not seen on x-ray.

What is a colonoscope? The colonoscope is a flexible instrument with an optical system which allows the doctor to “see around corners”. It has a “steering” mechanism by which the lenses can be pointed in any direction and “operating” channels through which biopsies can be taken and instruments passed, if necessary. A bright light illuminates the inside of the colon after it has been inflated with air. Intestinal liquids can be removed through the instrument by suction, for better visualization.

How is the procedure performed? The procedure is performed on an outpatient basis. You will be given intravenous medications (versed and fentanyl, or similar medicines) to make you sedated and comfortable. You will be lying on your left side. The colonoscope will be passed into the rectum and guided through the entire length of the colon. If an abnormality is seen or suspected, a small portion of tissue (biopsy) may be removed for microscopic study. Small growths can frequently be removed (polypectomy) and vascular abnormalities can often be destroyed with an electrical current (electrocoagulation). The visual appearance of pertinent areas may be recorded on photographic film. You may experience cramping sensations as the colonoscope is moved around the corners in the colon, or as air is introduced for better visualization. We will make every effort to minimize the discomfort.

What preparation is necessary? The colon must be thoroughly cleaned and empty at the time of the procedure. This will involve a one-day preparation, which is enclosed. Please follow it exactly. Colonoscopy is a visual test. Unless your colon is very clean, certain abnormalities may be missed. Please be responsible about ensuring a good preparation for your colonoscopy.

Can there be complications? The risk of colonoscopy complications is small. Nevertheless, there is a possibility of colonic perforation or hemorrhage or adverse reaction to medications. Also, as with any procedure, other unforeseen complications may rarely occur. Please read the attached consent form. If you consent to the procedure, sign it and bring it with you to the procedure.

We hope this helps you understand better the procedure you are scheduled to have. If you have any further questions, please feel free to call us.

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