



Hudson Hospital & Clinic

HealthPartners®

405 Stageline Rd. • Hudson, WI 54016 • (715) 531-6000

Date _____

Dear _____,

You are scheduled for a colonoscopy on _____. **PLEASE ARRIVE at _____.**

Your proposed procedure will start approximately one hour after your scheduled arrival time. Please be aware that your time is very important to us and we will make every attempt to keep your procedure on schedule. However, due to unforeseen circumstances and individual patient needs, start times may be delayed.

Please carefully read the enclosed instructions 1 week before your exam to be properly prepared. Follow the directions enclosed with this letter. Disregard the instructions on the bottle of your prep. If you do not follow your colon prep directions your procedure will be cancelled. It is extremely important that your colon be thoroughly cleaned before your colonoscopy. This allows the doctor to see any abnormalities like colon polyps, during the procedure.

You will not be able to drive yourself home after your procedure. Due to the sedation you receive, you must have a responsible adult to drive you home. If you do not have a ride, your procedure will be cancelled. (Taxi or van service may NOT be used.)

Thank you for choosing Hudson Hospital & Clinic. If you have any questions after reading the enclosed instructions, please feel free to contact the Procedure Center during regular business hours to speak with a nurse at (715) 531-6305.

If you need to cancel or reschedule your appointment time, please call the scheduler at (715) 531-6427.

Sincerely,

GI Scheduling
Hudson Hospital & Clinic

What is a Colonoscopy?

A colonoscopy is an examination that enables the physician to examine the lining of the colon by passing a flexible tube (colonoscope), the size of your finger, into your rectum, and advancing it slowly through the colon. The colon is 5 to 6 feet long, begins in the right lower abdomen, and ends in the rectum.

WHAT TO EXPECT THE DAY OF YOUR PROCEDURE

Arrival at Hudson Hospital:

- Park in the north parking lot in front of the hospital by the new Medical Office Building. Please check in at the Medical Office Building Information Desk.
- After you are registered, you will be taken to the Procedure Center where you will change into a hospital gown.
- Wear loose, comfortable clothing. Please leave jewelry and valuables at home.
- Your health history, medications and allergies will be verified.
- Side effects and risks of the procedure will be discussed. A consent will be signed after all your questions have been answered.
- An (IV) intravenous line will be started.
- When your physician is ready for you, you will be taken to the procedure room.
- You can expect to spend a minimum of 2-3 hours at the hospital for your procedure.

The Procedure:

- A physician and specially trained registered nurse will be with you throughout the procedure.
- Your heart rate, blood pressure and oxygen levels will be monitored.
- You will lie on your left side.
- You will be given medication to relax you and minimize discomfort. Be sure to let your nurse and/or physician know if you are uncomfortable so we can adjust your medication.
- Your physician may do a biopsy (taking tiny pieces of tissue from your colon) or a polypectomy (removal of a polyp or small growth on the lining of the colon) depending on what he/she sees. Taking the specimens is painless.
- The procedure time is approximately 30-60 minutes.

After the Procedure:

- You will be asked to rest for approximately 30 minutes after your procedure.
- Your family/friend will be allowed to visit.
- Your physician/registered nurse will discuss the results of your procedure with you.
- If specimens were taken during the procedure they will be sent to the lab and you will be contacted with the results in 10-14 days.
- Your nurse will review discharge instructions with you and your responsible adult caregiver and address any questions or concerns.
- **Remember-after your procedure you cannot drive for the remainder of the day.**

Thank you for choosing Hudson Hospital. If you have any questions after reading these instructions, please feel free to contact us at (715) 531-6305. If you need to cancel or change your appointment time, please call the scheduling office at (715) 531-6427.

Colonoscopy Instructions for Miralax/Gatorade Prep

Please follow the instructions below carefully. Should you need further assistance please call 715-531-6520 M-F between 7am and 5pm.

1 Week Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>PURCHASE the following:</p> <ul style="list-style-type: none"> - <u>Bisacodyl (Dulcolax laxative), 2 tablets, (5 mg each)</u> - <u>Miralax, 8.3 oz., (238 gm bottle)</u> - <u>Magnesium Citrate, 10oz bottle (no red liquids)</u>. Purchase 2 bottles if you have a history of constipation. - <u>Gatorade, 64 oz.</u> Select yellow, green or clear flavors-no purple or red; regular Gatorade or G2 is acceptable. DO NOT substitute: the electrolytes in Gatorade are important for colon preparation. DO NOT use powdered Gatorade. <p style="color: red;">If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), or Pradaxa (dabigatran), etc., ask your regular doctor for instructions prior to stopping these medications. Aspirin may be continued.</p> <p>If you take fiber supplements or medications containing iron, discontinue them 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel and Fibercon.</p> <p>If you have diabetes, ask your regular doctor for diet and medication instructions.</p> <p>Pregnant or think you may be? Please discuss the risks and benefits of the procedure with your ordering physician.</p>	<p>STOP consuming all high fiber foods.</p> <p>No raw vegetables No Corn (raw or cooked) No whole wheat or high fiber No nuts or popcorn No bran or bulking agents</p> <p>A low-fiber diet is on the back of these instructions.</p> <p>Last chance to cancel or reschedule your appointment. If you need to reschedule your appointment call 715-531-6427.</p> <p style="color: red;">Remember – you must have a driver accompany you home after your procedure. (Taxi or van service may not be used)</p>	<p>NO solid foods after midnight tonight.</p> <p>Drink at least 8 glasses of water throughout the day</p> <p>If you have a history of constipation, drink one 10 ounce bottle of Magnesium Citrate at 6:00 pm today.</p> <p>Stop taking Ibuprofen</p>	<p>BEGIN clear liquid diet. (No solid food all day-no solid foods until after your procedure.)</p> <p>You may drink water, coffee or tea (without milk or non-dairy creamer), Gatorade, Pedialyte, carbonated and non-carbonated soft drinks, clear fruit juices without pulp (apple, white grape, powdered lemonade) No Jell-O, Popsicles or broth No red or purple liquids No solid foods Drink at least 8 glasses of water throughout the day.</p> <p>Between 12 noon and 3:00 pm take the 2 Dulcolax tablets. Keep in mind that the cleansing process will take 4 to 8 hours or longer so plan your schedule accordingly.</p> <p>Two hours after taking the Dulcolax tablets, mix the 238 gram bottle of Miralax in 64oz of Gatorade. Shake the solution until the Miralax is dissolved. Drink 8 oz every 15-30 minutes until the entire solution is gone.</p> <p>If you are nauseated or vomiting, rinse your mouth with water and take a 15 – 30 min break. It is important to complete the prep by drinking ALL of the solution.</p> <p>Continue to drink clear liquids until bedtime.</p>	<p>4 HOURS before your arrival time, drink the 10 oz bottle of the Magnesium Citrate</p> <p>You may take your morning medications with a sip of water.</p> <p>Be sure to bring:</p> <ul style="list-style-type: none"> o A responsible driver o Insurance card o Photo ID <p>You may drink clear liquids up to 4 hours before your procedure, then take nothing by mouth.</p> <p>Remember you must have a driver to accompany you home</p> <p style="color: purple;">You cannot drive the remainder of the day.</p> <p>If you have followed the instructions and your stool is no longer formed but is clear or yellow liquid, you are ready for your exam. If you are unsure of your colon cleansing, call the procedure center at 715-531-6520.</p>

Low Fiber Diet Guidelines

Foods Recommended	Foods to Avoid
<p>Breads, Cereal, Rice and Pasta:</p> <ul style="list-style-type: none"> • White bread, rolls, biscuits, and croissant • Waffles, French toast, and pancakes • White rice, noodles, pasta, macaroni and peeled cooked potatoes • Plain crackers, Saltines • Cooked cereals: Cream of Rice • Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K 	<p>Breads, Cereal, Rice and Pasta:</p> <ul style="list-style-type: none"> • Breads or rolls with nuts, seeds or fruit • Whole wheat, pumpernickel, rye breads and cornbread • Potatoes with skin, brown or wild rice, and kasha (buckwheat)
<p>Vegetables:</p> <ul style="list-style-type: none"> • Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans • <u>NO CORN</u> 	<p>Vegetables:</p> <ul style="list-style-type: none"> • Raw or steamed vegetables • Vegetables with seeds • Sauerkraut • Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn
<p>Fruits:</p> <ul style="list-style-type: none"> • Strained fruit juice • Canned fruit juice • Canned fruit, except pineapple • Ripe bananas • Melons 	<p>Fruits:</p> <ul style="list-style-type: none"> • Prunes and prune juice • Raw or dried fruit • All berries, figs, dates and raisins
<p>Milk/Dairy:</p> <ul style="list-style-type: none"> • Milk, plain or flavored • Yogurt, custard, and ice cream • Cheese and cottage cheese 	<p>Milk/Dairy:</p> <ul style="list-style-type: none"> • Yogurt with nuts or seeds
<p>Fats, Snack, Sweets, Condiments, and Beverages:</p> <ul style="list-style-type: none"> • Margarine, butter, oils, mayonnaise, sour cream and salad dressing • Plain gravies • Sugar, clear jelly, honey, and syrup • Spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables • Coffee, tea, and carbonated drinks • Plain cakes and cookies • Gelatin, plain puddings, custard, ice cream, sherbet, popsicles 	<p>Fats, Snack, Sweets, Condiments, and Beverages:</p> <ul style="list-style-type: none"> • Nuts, seeds, and coconut • Jam, marmalade, preserves • Pickles, olives, relish and horseradish • All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran • Candy made with nuts or seeds • Popcorn • Crackers and snack chips made with whole grains or bran
<p>Meat and other proteins:</p> <ul style="list-style-type: none"> • Ground, well-cooked tender beef, lamb, ham, veal, pork fish, poultry and organ meats. • Eggs • Peanut butter without nuts 	<p>Meats and other proteins:</p> <ul style="list-style-type: none"> • Tough, fibrous meats with gristle • Dry beans, peas and lentils • Peanut butter with nuts • Tofu

Tips for Colon Cleansing

- You may use over the counter hydrocortisone creams and hemorrhoid treatments or tucks wipes as necessary. You may want to purchase alcohol free baby wipes to ease anal irritation and you may also apply Vaseline to protect the skin from irritation.
- Chill the solution in your refrigerator or by setting it in a bowl of ice. **DO NOT** add ice to your drinking glass.
- Set a timer for every 10-30 minutes (timing depends on your prep instructions); drink the whole glass quickly. The action of this preparation is partly a “flushing” or “dumping” syndrome: if it goes in quickly (dumping it in), it will aid in the cleansing or clearing of the colon.
- Even if you are sitting on the toilet, continue to drink every 10-30 minutes (depending on your prep instructions).
- Expect that you will be uncomfortable until the stool has cleared from your bowel.
- If you experience nausea or vomiting, rinse your mouth with water, take 15 to 30 minute break and then continue drinking the prep solution.
- Eventually your stools will be liquid, and clear enough so that you can see the bottom of the toilet. Continue drinking until the solution is gone.