

### About a colonoscopy

A colonoscopy is an examination of the lining of the colon using a colonoscope which is a long, thin, flexible tube with a tiny video camera and light at the end. If growths (polyps) or other abnormalities are found, the physician may remove the abnormal tissue for closer examination or biopsy. Your colon will need to be cleansed thoroughly to complete the procedure. It is very important that you follow the instructions in this brochure.

You will be given an intravenous (IV) line through which sedative medications will be given.



### Colonoscopy Types

**Screening Colonoscopy:** Usually for patients over 45 years old who have no symptoms nor have had a colonoscopy in the past ten years (other conditions may apply) depending on your insurance.

**Diagnostic Colonoscopy:** Patients having symptoms such as blood in stool or diarrhea.

### Follow up or Surveillance Colonoscopy:

Patients with no symptoms but who have had a polyp removed in the past or other conditions that warrant a repeat colonoscopy.

Learn more about colonoscopies here:  
[screen4coloncancer.org](http://screen4coloncancer.org) | [asge.org/patients](http://asge.org/patients)

### Planning for other medical conditions

A registered nurse will call you prior to your procedure to go over your health history and medications.

### Get Ready for your procedure with Northern Light's GetWell Loop

We use Northern Light Health's GetWell Loop to stay connected before and after your procedure. This tool provides you with checklists to help make sure you're ready for the day of your procedure. It also keeps your healthcare team up to date on your recovery. Skip the phone call and confirm your procedure, get your arrival time, and get your questions answered through this interactive tool!

Northern Light Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, ethnicity, age, mental or physical ability or disability, political affiliation, religion, culture, socio-economic status, genetic information, veteran status, sexual orientation, sex, gender, gender identity or expression, or language.

French: ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement.  
Appelez le 1-888-986-6341 (ATS: 711)

Spanish: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.  
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# Preparing for your colonoscopy

We want to make you as comfortable as possible during your colonoscopy. We know it can be difficult, and we want to make sure you are prepared to have the best results. Here is a helpful guide to get ready for your procedure.

You have been scheduled for a colonoscopy with:

\_\_\_\_\_  
Physician name

There are circumstances in which your physician may change on the day of your procedure.

Date \_\_\_\_\_

Arrival times are given seven days before your procedure. Any time given to you before that point is subject to change.

If you have any question or concerns, please call us! Your procedure is scheduled through:

- Gastroenterology** - 207.973.4266, Option 2
- Surgical Specialists** - 207.973.8881

### Location for your colonoscopy

Please arrive at **Northern Light Endoscopy**, located on the third floor of the Kagan Parking Garage, 489 State Street, Bangor, ME 04401.

# Instructions and preparation

Please follow these instructions carefully to avoid having to reschedule your appointment.

## Five Days Before Your Colonoscopy

- Purchase the following from your pharmacy:**
  - A 238 gram bottle of Miralax
  - Four Dulcolax tablets (5 mg)
  - A 64 oz. bottle of Gatorade (not red, blue, or purple)
  - Assorted clear liquids
  
- Stop taking the following:**
  - Ibuprofen, Advil or any other NSAID (non-steroidal anti-inflammatory drug).
  - Fish Oil
  - Pepto Bismol
  - Iron supplements or multivitamins with iron
  - Fiber supplements
  - Foods with seeds or nuts including strawberries, tomatoes, and bananas

**You may remain on:** 81 mg of aspirin.



If you have questions about these instructions, please call your scheduler.

A pre-anesthesia nurse will call you at least two days before your procedure to go through your health and medical record with you. If this is not completed, your procedure may need to be rescheduled.

## Please contact your prescribing provider if you:

- Take Coumadin, Plavix, or another blood thinning medication. You may be placed on a different blood thinner until your procedure.
- Have diabetes and use any medications to control your blood sugar. Your primary care provider may instruct you to adjust your medication the day before and the day of your colonoscopy. Continue to monitor your blood sugar as usual.

## Plan ahead!

### Who will your support person be?

Please arrange for someone to come in with you, receive discharge instructions, and sign you out. They will also need to drive you home. We highly recommend someone stay with you for 24 hours after your procedure.

## The Day of Your Colonoscopy

- Do not eat solid foods.**
  - Morning medications can be taken with a tiny amount of water, except diabetic patients who will need to call their primary care provider for instructions.
  
- Five hours before**
  - Finish drinking the Miralax solution from the day before
  - Drink an 8 oz. glass every 10-20 minutes until gone. (If you experience nausea, take a 45 minute break, then resume drinking the prep)
  
- Two hours before**
  - Stop all liquids two hours before your scheduled colonoscopy time

## One Day Before Your Colonoscopy

- Do not eat or drink solid food. Drink clear liquids only (nothing red, blue, or purple).**

### Clear liquids include:

- Water
- Popsicles
- Clear fruit juices such as apple or white grape
- Coffee or tea without cream or dairy
- Gatorade
- Soft drinks, lemonade, ice tea, and Crystal Light
- Plain flavored Jello (not red, blue, or purple)
- Bouillon

- At 1 pm**
  - Take two Dulcolax tablets
  
- At 5 pm**
  - Mix whole bottle of Miralax with 64 oz. of Gatorade
  - Divide solution, placing half in refrigerator for the next day
  - With the other half, drink an 8 oz glass every 10-20 minutes until gone. (If you experience nausea, take a 45 minute break, then resume drinking the prep)
  
- At 9 pm**
  - Take two Dulcolax tablets