Colonoscopy Prep Instructions

William Newton
SURGERY SPECIALTIES

Date of Procedure: _____
Check-In Time: _____
Date to Start Prep: _____
My Surgeon: ☐ Dr. Christopher Morrissey ☐ Dr. Patrick Bloedel
My Hospital: ☐ William Newton Hospital | 1300 E 5th, Winfield | 620.221.2300
☐ SCK Medical Center | 6401 Patterson Pkwy, Arkansas City | 620.442.2500

The Day BEFORE Your Procedure Instructions:

Breakfast: Light meal, cereal or toast (even if you normally do not)
Noon: Start the clear liquid diet (water, broth, jello, tea, soda pop, or coffee without creamer). Don't drink anything that is **red** or **purple**
1:00 PM: Take 2 Bisacodyl tablets and drink 12 ounces of clear fluid
2:00 PM: Drink 12 ounces of clear fluid
3:00 PM: Mix the 238-gram bottle of Miralax with 64 ounces of any clear liquid you wish. Drink an 8-ounce glass every 15 minutes until it's gone (this may be taken slower if needed)
Continue drinking clear fluids throughout the day
6:00 PM: Take the remaining 2 Bisacodyl tablets and drink 12 ounces of clear fluid each hour until bedtime
Don't drink anything after midnight.
*Prep may be started later if you have to be at work but remember this may keep you up later to finish out the prep.

NO FOOD, DRINK, GUM, SMOKING, VAPING, OR CHEWING TOBACCO AFTER MIDNIGHT. Do not eat or drink anything unless you are advised by your physician. you may brush your teeth and rinse your mouth but do not swallow any of the water.

If you have any questions, please call the hospital and ask for Endoscopy; or, to speak with the clinic nurse, call Dr. Morrissey's office at 620.222.6270 or Dr. Bloedel's office at 620.221.8930. If after 5:00 PM, call the hospital and ask them to page your surgeon.

The MORNING OF Your Procedure Instructions:

- You MUST have a driver to bring you and take you home after the procedure
- Take your heart or blood pressure medications ONLY with a sip of water before leaving for the hospital. If it has been approved by your doctor.
- Check-in at the registration desk to fill out admission paperwork.
- Go to the surgery waiting room and notify the volunteer on duty that you have arrived for the procedure. If there is no volunteer, we will be out shortly to get you.

PLEASE ASK YOUR PHYSICIAN ABOUT TAKING HEART, BLOOD PRESSURE, AND DIABETIC MEDICATIONS DURING THE PREP AND THE MORNING OF YOUR PROCEDURE.

NOTES:

Colonoscopy Information

IN THE KIT:

Bisacodyl tablets-4
Miralax (Polyrthylene Blycol)-Bottle

Clear Liquids for Preparations

To help you get a better result from the prep and to avoid dehydration drink a minimum of 8-12 ounces of clear liquids per hour until bedtime.

AVOID liquids that are **RED** or **PURPLE** in color (grape juice/cranberry juice/ cherry Kool-Aid). Avoid dairy products or juices with pulp (orange juice/grapefruit juice)

Soups: Clear broth
Sports Drinks: Gatorade, Powerade, Propel
Beverages: juice, tea, coffee (without creamer), Kool-Aid, carbonated beverages, water
Desserts: popsicles, Jell-O (no red or purple)

COMMONLY ASKED QUESTIONS:

How do I know if my prep is adequate?

The stool should be watery in consistency. It does not have to be clear in color since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick. If there are questions you may self-administer a tap water or fleet enema prior to leaving home for the procedure.

What side effects may I expect?

Since the prep works by flooding the intestinal tract with fluid, abdominal cramping and bloating may occur as well as some nausea and vomiting. This is usually temporary. When you start passing loose watery stools the symptoms should gradually improve. Weakness can also occur, especially if you have not taken in enough fluid. This can be corrected with an increase in fluid intake.

Will the prep interfere with other medications?

Medications taken at least an hour before starting the prep should be adequately absorbed, but thereafter they are likely to be washed away with the prep.

REMEMBER, STAY CLOSE TO THE BATHROOM FACILITIES AND WARN FAMILY MEMBERS THAT THE ROOM BELONGS TO YOU!

You may get a supply of aloe wet wipes and/or Destin ointment to ward off a sore bottom.

Good Luck! This is the hardest part of the procedure.