



Colonoscopy Preparation Instructions

Dr. Raymond Mis & Dr. Alan Sonsky

You have been scheduled for a colonoscopy. We know it can be challenging to get ready for a colonoscopy. We also know that you may have many questions about the test. We created these instructions to help answer your questions and get you ready.

Procedure Locations:

- We perform procedures at several locations throughout The Villages.
 - The **Procedure Location** at which you are scheduled will contact you **within 1 week** of your scheduled procedure to confirm your procedure time, check-in time and location.
- There is **NO** guarantee of a morning appointment.
- Our Physicians strive to stay on schedule and frequently are ahead of schedule, but emergencies do occur which could result in a schedule delay. We apologize in advance if this should occur and appreciate your understanding.

Failure to follow preparation instructions exactly may cause your procedure to be delayed or rescheduled to a later date.

Procedure Cancellation and Rescheduling:

Our office must be notified of all procedure cancellations and reschedules at least two business days prior to the procedure. To **CANCEL OR RESCHEDULE** a procedure, please call 352-674-8716. Again, there is **NO** guarantee of a morning appointment even if you reschedule.

Billing Notice:

Many insurance companies cover screening Colonoscopies at 100%. However, if polyps are removed or biopsies are taken during a screening Colonoscopy, the Colonoscopy becomes diagnostic per most health insurance companies. Your copay for a preventative exam is affected by this insurance company policy, as you would have a higher copay. Our office will contact your insurance company and obtain a prior authorization if one is needed.

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 medicine to make you sleepy. The doctor will pass a flexible tube 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 areas and can also remove polyps. You will wake up shortly after the test. Most people do not remember having the procedure.



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WHY IS IT IMPORTANT TO GET CLEAN ON THE INSIDE?

If the inside of the colon is dirty then your doctor may not see important things, like polyps or cancer, and may even have to do the test again. This would mean that you must start over and come back on a different day, and nobody wants to do that.

If you come in with your colon properly emptied out, the doctor will be able to see the entire colon and make this a “ONE AND DONE,” meaning just that: do it once, do it right, and then be done.

Follow these instructions to make this a one and done.

READ EVERY LINE CAREFULLY!

Shopping List: (NO prescription needed)

1. 4 Dulcolax Laxative Tablets (5mg each)
2. 8.3 ounces of MiraLAX Powder.
3. 10oz bottle of Magnesium Citrate.
4. 2 Quarts Gatorade, Powerade, or Crystal Light (No red, orange, blue, or purple)
 - Pedialyte, Propel, or Liquid IV are acceptable.
 - If you have diabetes, you may use sugar-free items.

5 DAYS BEFORE YOUR COLONOSCOPY

DATE:

What to eat: Begin a low residue/low fiber diet. A low-residue diet is being prescribed to reduce the size and number of stools in preparation of your colonoscopy. The terms “fiber” and “residue” may be used interchangeably, but technically the two words are the same. Fiber is the undigested part of plants what remains in the intestinal tract and contributes to stool. Residue includes fiber and any other foods that may increase stool output. Also increase your water intake.

- NO vegetables, fruits, or grains (such as whole grain bread, popcorn, or oatmeal). See **ATTACHED DIETARY Low Fiber Diet Sheet.**
- STOP using **fiber** and **iron** supplements.
- STOP taking **vitamins** or **supplements**.
- Do not take any medications that will stop diarrhea.
- You should stop taking non-steroidal anti-inflammatory medicines (e.g., ibuprofen, Motrin, Aleve, Naprosyn and prescriptive NSAIDs) and Aspirin unless it has been prescribed by a doctor.

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- You may continue to take aspirin if your doctor recommended you ordinarily take it. If no doctor has ever recommended aspirin, then you should not take any aspirin starting 7 days before the procedure.
- If you take Insulin and diabetes medications, please call the provider that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required for the procedure.
 - Do not stop these medications without the consent of your prescribing provider.
- You must stop taking Glucagon-Like Peptide-1 medications 2 weeks prior to the procedure.
 - Examples are: Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Wegovy (Semaglutide), Trulicity (Dulaglutide), Bydureon (Exenatide), Mounjaro (Tirzepatide), or Rybelsus (Semaglutide).
 - You must speak with your prescribing provider or the specialist at least 3 weeks before the scheduled procedure. Do not stop these medications without the consent of your prescribing provider.
- If you have a history of congestive heart failure, cardiomyopathy, or renal failure, you should not take a Magnesium Citrate bowel preparation and call the doctor that prescribed the flexible sigmoidoscopy.
- If you are prescribed one of the listed blood thinning/anticoagulation medications as follows:
 - Plavix (Clopidogrel)
 - Coumadin (Warfarin)
 - Fragmin (Dalteparin)
 - Arixtra (Fondaparinux)
 - Praxada (Dabigatran)
 - Brilinta (Ticagrelor)
 - Eliquis (Apixaban)
 - Pletal (Cilostazole)
 - Lovenox (Enoxaparin)
 - Effient (Parasugrel)
 - Xarelto (Rivaroxban)
 - Jantoven (Warfarin)
- You will need to discuss with that prescribing provider the period your specific medication will need to be held prior to the date of your procedure.

Our medical staff members can help coordinate any concerns if necessary.

Call 352-674-8700.

THE DAY BEFORE YOUR COLONOSCOPY	DATE:
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1. You may have **ONLY CLEAR LIQUIDS** Examples of clear liquids are Water (plain, or flavored), fruit juices without pulp (strained), such as apple or white grape juice, gelatin, tea or coffee without milk or cream, chicken/beef broth (plain with no added ingredients), ice pops (Nothing red, orange, blue or purple). **NO MILK OR MILK PRODUCTS.** Stay well hydrated with plenty of clear liquids.
2. Do not eat any solid foods.
3. At **9:00AM**, take 2 Dulcolax tablets.



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4. Mix the MiraLAX (entire bottle) with 64oz of electrolyte beverage until it is all dissolved. You may put the mixture in the refrigerator.
 - If you prefer to drink at room temperature, you may take it out of the refrigerator at 2:00pm.
5. At **12:00PM (NOON)** slowly drink the entire 10oz bottle of Magnesium Citrate.
6. At **4:00PM**, start drinking your prep mixture. You will drink half (32oz) of the prep mixture. Try to drink an 8oz glass of the prep mixture every 15 minutes. It will take you approximately one hour to finish drinking it.
 - Some people may feel nauseous, bloated or vomit. If this happens, take a 15–30-minute break, and then resume drinking the prep mixture.
 - You will need to be near a bathroom once you start your prep. You will have diarrhea and will need to be able to reach the bathroom quickly.
 - After you finish the prep mixture, you may drink clear liquid only.
 - Store the remaining 32oz of the prep mixture in the refrigerator for the next morning.
7. At **8:00PM**, take 2 more Dulcolax tablets.

DAY OF COLONOSCOPY

DATE: _____

1. **6 Hours prior to arrival time, but no later than 3am** complete the remainder of MiraLAX prep mixture (32oz) until gone. Try to drink an 8oz glass of the prep mixture every 15 minutes. It will take you approximately one hour to finish drinking it.
 - A successful prep is achieved when the fluid from your bowels is yellowish in color and clear of solid stool.
2. You may drink clear liquids until two hours before your check-in time.
 - Avoid red or purple liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco, and illicit drugs. The use of these will result in your procedure being canceled.
3. If you take daily medications for your heart, lungs, blood pressure or seizure/tremor medication, take them as prescribed with no more than 2 Tablespoons of water. If your procedure is scheduled at 12:30PM or after, you may have clear liquids (NO SOLID FOOD) up to 4 hours before your procedure. **NOTHING** by mouth 4 hours prior to your appointment time. This includes water, gum/candy/mints or cough drops.

SOMEONE MUST DRIVE YOU HOME. Bring one automobile, and one person to accompany you as the parking and waiting areas are very limited.

****After reading, if you have any questions on the prep, please call The Villages Health Specialty Care Center at 352-674-8700 and ask to speak with one of the Physician's team members****

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FREQUENTLY ASKED QUESTIONS:

What are the side effects of "bowel prep"?

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, so plan to be home and near a toilet. Most people have bloating and abdominal discomfort. This is normal. Do not be alarmed if you feel these symptoms. Many people have nausea. This is also normal. Some people do not like the taste or smell of the medicine. Please do not let this get in the way of taking the medicine as directed. Rarely some people throw up while taking the prep. If this happens, stop taking the prep and call us at 352-674-8700 during normal business hours and after hours.

How do you know when your prep is working?

The stool coming out should be clear and **without many particles**. You know you are done when the stool coming out is yellow, light, liquid, and clear – like urine.

My prep has not started working yet. Is that, OK?

Different people respond differently to the bowel prep – some people 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 well. Be sure you are drinking enough fluid, as instructed above. If that does not work, take the second part of your prep, and continue to drink fluids. It should work eventually. Call us at 352-674-8700 during normal business hours and after hours.

What if I normally take medications?

- Aspirin and non-steroidal anti-inflammatory medicines (NSAIDs): stop these 5 days before the colonoscopy unless they have been prescribed by your physician.
- If you are prescribed any blood thinner or anticoagulant medications as listed above under your colonoscopy prep instructions, please discuss this with the prescribing provider and/or your gastroenterologist.
- Blood pressure medicine: You may take your blood pressure medications with 2 tablespoons of water the day of your procedure.
- Diabetes medicine: if you are diabetic and take long-acting insulin (Lantus) then take only one-half the night before the test. If you are prescribed other forms of insulin, you need to ½ the dose the day of your procedure.
- Please check with your primary doctor if you have any further questions or concerns about any medicines.

How long will the test take?

The test itself usually takes 10-30 minutes. But expect to spend several hours



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Can I drive myself home after my colonoscopy?

NO. You will receive medication to make you sleepy during the test. That means you cannot drive after the test and must instead arrange for someone to drive you home. Your driver must remain on the premises during the colonoscopy.

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LOW RESIDUE/LOW FIBER DIET start FIVE days prior to procedure

A low-residue diet may be prescribed to reduce the size and number of stools, such as after gynecologic surgery or in preparation for a procedure such as a colonoscopy. The terms “fiber” and “residue” may be used interchangeably. But technically, they're not the same thing. Fiber is the undigested part of plants that remains in the intestinal tract and contributes to stool.

Residue includes fiber and any other foods that may increase stool output.

FOODS RECOMMENDED:	FOODS TO AVOID:
BREADS/GRAINS: <ul style="list-style-type: none"> Refined breads, toast, rolls, biscuits, muffins, crackers, pancakes, and waffles. Enriched white or light rye bread or rolls. Saltines, melba toast Refined ready-to-eat cereals such as puffed rice and puffed wheat Cooked refined wheat, corn, or rice cereal Strained oatmeal, grits, and farina Refined cold cereals made from rice, corn or oats (Rice Krispies®, Cornflakes®, Cheerios®) White rice, refined pasta, macaroni, noodles VEGETABLES: <ul style="list-style-type: none"> Most tender cooked and canned vegetables without seeds such as carrots, beets, green or waxed beans, pumpkin, spinach, squash (acorn) without seeds, potato (no skin), pureed or cooked strained lima beans, and peas (no skin) FRUITS: <ul style="list-style-type: none"> Most canned or cooked fruits, fruit cocktail, avocado, canned applesauce, apricots, peaches, pears (all without skin and seeds), pureed plums and ripe bananas Strained fruit juice MILK/DAIRY: <ul style="list-style-type: none"> Milk, mild cheese, cottage cheese 	BREADS/GRAINS: <ul style="list-style-type: none"> Any bread product made with wholegrain flour or graham flour, bran, seeds, nuts, coconut, or raw or dried fruit, cornbread, and graham crackers Any whole-grain, bran, or granola cereal, oatmeal, and cereal with seeds, nuts, coconut, or dried fruit Bran, barley, brown and wild rice VEGETABLES: <ul style="list-style-type: none"> Raw vegetables and vegetables with seeds, sauerkraut, winter squash, and peas FRUITS: <ul style="list-style-type: none"> Raw or dried fruit, all berries Prune juice MILK/DAIRY: <ul style="list-style-type: none"> Yogurt containing fruit skins or seeds MEAT: <ul style="list-style-type: none"> Tough fibrous meats with gristle, shellfish with tough connective tissue Meats prepared with whole grain ingredients, seeds, or nuts Dry beans, legumes, peas, and lentils Chunky peanut butter Raw clams and oysters

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- Yogurt (no berries)
- Ice Cream (no fruit or nuts)
*Limit milk/milk products to 2 cups per day

MEAT:

- Ground or well-cooked, tender beef, lamb, ham, veal, pork, fish, shellfish, poultry (no skin), and organ meats
- Eggs
- Smooth peanut butter

FAT/SNACKS:

- Margarine, butter, vegetable oils, mayo, cream substitutes, crisp bacon, plain gravies, and salad dressings
- Chocolate
- Broth, strained cream soups (no corn) made with allowed ingredients

MISCELLANEOUS:

- Salt, soy sauce, ketchup
- Mild spices in moderation, white sauce
- Sugar, honey, jelly, syrup
- Lemon juice, vinegar, vanilla and other flavoring extracts
- Coffee, tea, carbonated beverages, and fruit drink (w/o pulp)

FATS/SNACKS:

- Any made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruit
- Nuts, seeds, and popcorn
- Raisins, seeds, seed spices, pickles, olives, nuts, spicy mustards, and relish
- Highly spiced salad dressings
- Jam or marmalade with nuts and seeds

MISCELLANEOUS:

- Beverages and gelatins that are red or purple in color up to 24 hours prior to procedure