



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:

Villages Endoscopy 10900 SE 174 th Place Road Summerfield, FL 34491 P: 352-245-7427	UF at TVRH 1451 El Camino Real The Villages, FL 32159 P: 352-323-5440	Lake Endoscopy Center 17355 SE 109 th Terrace Road Summerfield, FL 34491 P: 352-245-0846
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- 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



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the test. Most people do not remember having the procedure.

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. 21-dose supply of MiraLAX Powder. MiraLAX does not come in a 21-dose supply. You will need to purchase either the 30-dose or a 14-dose and 7-dose to get your 21-dose supply.
3. 3 Quarts Gatorade, Powerade, or Crystal Light (No red, orange, blue, or purple)

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.

- 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 Fish Oil Supplements.
- If you are Diabetic or taking any blood thinner medications such as Coumadin, Plavix, Pradaxa, Jantoven, Warfarin, Brillinta or Eliquis (Aspirin and NSAID pain relievers are okay), **contact the health care provider who manages these medications** about whether you should stop taking them before the procedure and for how long.



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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. In the morning, mix 21- dose (21 cap fulls) into 3 quarts of Gatorade, Powerade, or Crystal Light (NO red, orange, blue or purple) and leave in the refrigerator.
3. At **12:00PM (NOON)** drink (1) **quart of previously prepared MiraLAX prep**. 8oz glass every 15-20 minutes until the quart is complete.
4. At **2:00PM** take **2 Dulcolax tablets** with (1) 8oz glass of your choice of clear liquid.
5. At **4:00PM**, drink 1 quart of previously prepared MiraLAX until quart is complete.
6. At **8:00PM**, take 2 more Dulcolax tablets.

DAY OF COLONOSCOPY	DATE: _____
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1. **6 Hours prior to arrival time, but no later than 3am** complete the remainder of MiraLAX (1 quart) until the quart is gone. A successful prep is achieved when the fluid from your bowels is yellowish in color and clear of solid stool.
2. 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****

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



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medicine. Please do not let this get in the way of taking the medicine as directly. 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 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 7 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

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
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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:
<p>BREADS/GRAINS:</p> <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 <p>VEGETABLES:</p> <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) <p>FRUITS:</p> <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 <p>MILK/DAIRY:</p> <ul style="list-style-type: none"> • Milk, mild cheese, cottage cheese 	<p>BREADS/GRAINS:</p> <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 <p>VEGETABLES:</p> <ul style="list-style-type: none"> • Raw vegetables and vegetables with seeds, sauerkraut, winter squash, and peas <p>FRUITS:</p> <ul style="list-style-type: none"> • Raw or dried fruit, all berries • Prune juice <p>MILK/DAIRY:</p> <ul style="list-style-type: none"> • Yogurt containing fruit skins or seeds <p>MEAT:</p> <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