

Gastroenterology Division

**Preparing for Your Colonoscopy:
4 Liters of PEG 3350 (CoLyte, NuLYTELY, GoLYTELY)**

Important Issues to Address Prior to Your Colonoscopy

- If you take an anticoagulant (e.g. Coumadin, Lovenox, Pradaxa, Eliquis), an anti-platelet agent (e.g. aspirin, Plavix, Ticlid, Aggrenox) or a non-steroidal anti-inflammatory drugs (e.g. Advil, Motrin, Aleve, Celebrex), ask the prescribing doctor if and when you can stop it prior to your colonoscopy.
- If you take medications for diabetes mellitus, ask the prescribing doctor if you should stop or alter the dose of the medication prior to your colonoscopy. Metformin needs to be held for 24 to 48 hours before and for 24 hours after colonoscopy.
- If you have an automatic implantable pacemaker (AICD), you must obtain clearance for your colonoscopy from your cardiologist and inform us of the manufacturer of the unit.
- If you have had reactions to anesthesia in the past, please make your gastroenterologist aware of the agent and the reaction. She or He will pass this information onto our anesthesiologist.
- Patients with morbid obesity and or significant respiratory or cardiac issues may need to have their colonoscopy performed at White Plains Hospital endoscopy unit rather than our office endoscopy unit.
- There is a cancellation fee of \$125 if the cancellation is made later than 36 hours before your procedure. This charge minimally offsets the expense of an anesthesiologist and endoscopy technician and recovery room nurses for a time slot in our endoscopy schedule that can rarely be filled at such late notice.
- You must have an adult accompany you home (from the recovery room into your home) following your procedure. They can either drive you or accompany you in a cab.
- Please read through the following set of instructions upon receiving them. It is important that you understand what will be required of you over the week prior to and on the day of your procedure.

Gastroenterology Division

Your Bowel Preparation: In a Snapshot

Days prior to your procedure	Action to be taken
7	Stop aspirin, NSAIDs, vitamins and iron. Follow a low fiber diet. Stop eating seeds/nuts.
5	Stop the indirect oral anticoagulant Coumadin and anti-platelet drugs such as Plavix and Ticlid.
2	Stop direct oral anticoagulants such as Pradaxa, Xarelto, Eliquis and Savaysa. If you are constipated, have a history of a poor bowel prep or take opioids, follow a full liquid diet and take Miralax with each of your meals.
1	Follow a clear liquid diet and take your bowel prep – if your procedure is before 10 am the next day, take the first dose of the prep at 5 pm and the second dose at 11 pm and if your procedure is at or after 10 am the next day, take the first dose of the prep at 7 pm and a second dose the next morning, 5 hrs. before the time of your procedure.
Day of your procedure	Follow a clear liquid diet. If you are having your colonoscopy at or after 10 am, take the second dose of your prep 5 hrs. before the time of your procedure. Nothing by mouth for 3 hrs. prior to the time of your procedure. Arrive at the 600 Mamaroneck Avenue waiting room ½ hour prior to the time of your procedure. An adult must accompany you home following your recovery from colonoscopy.
Day after your procedure	Expect to resume your normal activities

Gastroenterology Division

Your Bowel Preparation in Detail

Purchase at the Pharmacy

- **4 Liter container of the PEG 3350 (GoLYTELY, NuLYTELY, CoLyte)** - a prescription is required
- **Miralax 119 gram (7 dose) container** Under normal circumstances, you will not have to use this container for your bowel prep but it will be available, if the need arises, for a rescue bowel prep (see under the heading **1 Day Prior to Your Colonoscopy** below).
- If you have constipation, take opioid pain medication or have a history of a poor bowel preparation for colonoscopy, **purchase a second 119 gram (7 dose) container of Miralax.**
- Vaseline or A&D ointment
- Baby wipes

Purchase at the Grocery

- **A 32-ounce bottle of Gatorade or Powerade and if diabetic, Gatorade 2, Powerade Zero or Smart water that is not red, orange purple in color.** Under normal circumstances, you will not be required to use this for your bowel prep but it will be available, if the need arises, for a rescue bowel prep (see under the heading **1 Day Prior to Your Colonoscopy** below).
- Other clear liquids that are not red, orange or purple in color that can be consumed on the day prior to your procedure include:
 - o Additional bottles of Gatorade or Powerade and if diabetic, Powerade Zero or Smart Water
 - o Water
 - o Coffee or tea without milk
 - o Sprite, 7 up, ginger ale and seltzer
 - o Jell-O
 - o Flavored ices such as Italian ice or popsicles
 - o Clear broth or bouillon
 - o Sweeteners including sugar and honey

Gastroenterology Division

- If you are constipated, take opioid medications or have a history of a poor bowel prep for colonoscopy, you will need to be on a full liquid diet 2 days prior to your procedure. Full liquids include:
 - The aforementioned clear liquids
 - Yogurt without fruit
 - Strained cream soups
 - Milk
 - Ice cream, sherbet and bouillon
 - Ensure or similar dietary supplements

7 Days Prior to Your Procedure

- Stop the following medications and supplements:
 - Aspirin and aspirin containing products unless directed otherwise by your internist or cardiologist in which case you need to notify your gastroenterologist of this decision
 - Nonsteroidal anti-inflammatory agents
 - All vitamins, garlic, ginseng, ginkgo biloba, ginger, saw palmetto, pepto bismol, multivitamins, fish oil, herbal supplements and iron supplements
- Avoid the following foods:
 - Raw fruits and vegetables
 - Poorly digested vegetables – corn, broccoli, cauliflower and beans
 - Fruits that are hard skinned or have lots of seeds
 - Popcorn
 - Nuts and seeds
- Contact your gastroenterologist if you develop an upper respiratory tract infection or a flare of your asthma or emphysema during the week prior to your procedure.

5 Days Prior to Your Procedure

- Stop the vitamin K antagonist Coumadin (Warfarin) and anti-platelet agents such as Plavix and Ticlid, having cleared the discontinuation of your medication with your cardiologist or internist.

Gastroenterology Division

2 Days Prior to Your Procedure

- Stop direct oral anticoagulants including Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban) and Savaysa (Edoxaban). If you have kidney disease, your cardiologist or internist may want you to stop your medication 3 to 4 days prior to your procedure.
- If you have constipation, take opioid pain medications or have a history of a poor bowel prep for colonoscopy, take 17 grams (a capful) of Miralax in 8 ounces of liquid with breakfast, lunch and dinner and follow a full liquid diet (described on page 3).

1 Day Prior to Your Procedure

- Be sure that you know the arrival time for your procedure on the following day. Call your gastroenterologist if you are not sure of your arrival time.
- Follow a clear liquid diet all day. Aside from the prep itself, consume a minimum of 64 ounces.
- In the morning, prepare the prep. If adding flavor, pour the contents of the flavor pack into the bottle before reconstitution. Add lukewarm water to the top line of the bottle and shake thoroughly, dissolving the powder completely. Keep refrigerated until its use.
- The 4-liter PEG solution prep is taken in two parts. **If you are having your procedure before 10 am the next day**, Take the first part of the prep at 5 pm - start drinking the prep – one 8 ounce glass every 10-15 minutes for a total of 8 glasses (approximately 2 L). Take the second part of the prep at 11 pm (on the evening prior to the day of your colonoscopy) - drink the remaining 2L – one 8 ounce glass every 10-15 minutes for a total of 8 to 9 glasses. **If you are having your procedure after 10 am the following day**, take the first part of the prep at 7 pm (on the evening prior to the day of your colonoscopy) - drink one 8 ounce glass every 10-15 minutes for a total of 8 glasses (approximately 2 L). Refrigerate the remaining 2 L of prep. Take the second part of the prep the following morning, 5 hours before your colonoscopy - drink the remaining 2L – one 8 ounce glass every 10-15 minutes for a total of 8 to 9 glasses.

Keep in mind that:

- o The PEG solution may be more palatable if chilled and drunk through a straw.

Gastroenterology Division

- Cramping abdominal pain, nausea and vomiting are occasional side effects.
- Anal irritation from having frequent bowel movements, may be eased by blotting rather than wiping with toilet paper, using baby wipes. instead of toilet paper and by applying Vaseline or A&D ointment to the skin around your anus after each bowel movement.
- Bowel movements usually begin within one hour of starting the prep but may not occur at all after finishing the first part of the prep.
- Drinking plenty of clear liquids keeps you hydrated and promotes a better bowel prep.
- **If your bowel movement is not clear (clear yellow) within one hour of taking both parts of your prep, thoroughly mix the contents of the 119 gram (7 dose) container of Miralax into 32 ounces of Gatorade or its equivalent (a half emptied 64-ounce bottle) and then drink an 8 ounce glass every 15 minutes for a total of 4 glasses.**
- You can continue to drink clear liquids until 3 hours prior to your procedure, then nothing by mouth including gum and hard candies.

The Day of Your Procedure

- **If you are having your procedure after 10 am**, take the second part of your bowel prep, 5 hours before the time of your procedure – drink the remaining 2L – one 8 ounce glass every 10-15 minutes for a total of 8 to 9 glasses (and if your bowel movement is not clear within one hour of completing the second part of your prep, take the rescue prep of 119 grams (7 dose) of Miralax mixed in 32 ounce of Gatorade or its equivalent, 8 ounces every 15 minutes for a total of 4 glasses).
- **Have nothing by mouth**, including gum and hard candies, for 3 hours prior to the time of your procedure. **You can take your antihypertensive and cardiac medications with small sips of water within that 3-hour window.**
- Do not put on lotion, cream, makeup, nail polish or perfume.
- Wear glasses rather than contact lenses. Bring a case for your eyeglasses.
- Leave credit cards and jewelry at home.
- Bring a rescue inhaler if you use one for asthma or emphysema.

Gastroenterology Division

- Arrive at third floor reception area at 600 Mamaroneck Avenue in Harrison one half hour prior to the time of your procedure.
- Please be patient if your procedure is delayed. It does not reflect our disregard for your timely care but rather our regard for providing the very best care to every patient in our endoscopy unit which may entail a longer than expected procedure time.
- Remember that an adult must drive your home or accompany you home in a cab after recovery from your colonoscopy.

The Procedure: Colonoscopy

- A nurse will escort you from the reception area to the pre-op/recovery room.
- You will be placed in a gown, have an intravenous placed in your arm and be asked to sign a consent for the procedure.
- You will be interviewed by both a nurse and an anesthesiologist.
- You will be brought into the procedure room and attached to a cardiac monitor and a machine to monitor your oxygen saturation. You will additionally be given supplemental oxygen through a nasal cannula. It may have a plastic smell.
- You will be asked to give your name, date of birth and the procedure that you are having and you will have opportunity to ask your gastroenterologist any questions.
- You will be asked to lie on your left side and the anesthesiologist will give you medication through your intravenous to put you to sleep.
- The procedure will take approximately 30 minutes. A colonoscope will be advanced through the anus and around the colon to rule out lesions such as polyps which can be removed. To better detect polyps, your gastroenterologist will be using the Fuse endoscopy system which increases the endoscopic field of vision from the standard 170 degrees to 330 degrees. Scarsdale Medical Group is the first medical practice in Westchester County to offer this technology!

Gastroenterology Division

After the Procedure: In the Recovery Room

- You will wake up in a recovery room bay.
- A nurse will continue your close observation and monitoring of your blood pressure, heart rhythm and oxygenation (ability to oxygenate your blood).
- You will feel groggy from the sedation. This will resolve in short order.
- You may have mild abdominal bloating and cramping pain from the instillation of air into your colon during the procedure. Passing gas will help relieve both symptoms.
- Once fully awake, you will be discharged home **accompanied by a family member or friend who must drive you home or go home with you in a cab.**
- Discharge instructions will be discussed and given to you by your recovery room nurse. If you are taking aspirin, an anticoagulant or medication for diabetes, be sure that you know when to resume taking it.

While at Home

- Rest, continue to drink plenty of fluids, have a light meal and then advance your diet as tolerated.
- Do not drink alcohol for 24 hours.
- If biopsies were taken or a polyp was removed at your colonoscopy, do not be alarmed if you pass a small amount of blood per rectum.
- You can resume your normal activities on the day following your colonoscopy with the exception of a reduced exercise schedule for 48 hours.
- Call for pathology results (if a biopsy was taken or a polyp was removed) in one week.

Call Your Gastroenterologist at (914) 723-8100 if you experience:

- Severe abdominal pain
- Heavy or persistent rectal bleeding
- A temperature of 101 degrees Fahrenheit or higher
- Marked weakness or lightheadedness