**Your Procedure:**

**Dr.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Arrival Time:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Location:** WellStar Outpatient Surgery Center- 3000 Hospital Blvd, Roswell Ga, 30076

*See last page for further location instructions.*

What is a Colonoscopy? Colonoscopy is a procedure used to detect changes or abnormalities in the colon (large intestine) and the rectum. It is the most accurate procedure to detect colon polyps and colon cancer in healthy patients. During the procedure, a gastroenterologist will insert a small flexible scope (colonoscope) into the anus and advance it through the colon. During this procedure, your physician will visualize the colon, remove polyps, and take a biopsy of abnormalities as needed.

How will I prepare for a Colonoscopy? To ensure your physician can visualize the colon and rectum, each patient will drink a bowel cleansing preparation the day before your procedure. You will also need to find a driver that is 18 years of age or older, to drive you to your procedure, and stay with you for 24 hours after your procedure.

**\*If you do not have a driver, you will not be able to have a colonoscopy.**

Is the procedure safe? Serious complications are rare, but all procedures have potential risks. Risks include (but are not limited to):

* Perforation - tear in the lining of the colon
* Bleeding - from a biopsy or polyp removal site
* Reaction to the sedation medication
* Infection
* Missed lesions

What Can I Expect During the Procedure? When you arrive at the procedure center, a staff member will go over your medical history, discuss the procedure in detail, answer your questions, and start an IV. You will then be taken back to the procedure room. An anesthesia provider will administer medications and monitor your vital signs throughout the entire procedure. Your anesthesia provider will determine the amount and types of medications needed to keep you comfortable. While most patients will sleep through the procedure, some do stay awake and aware. If your gastroenterologist finds any abnormalities or polyps, they will be removed or biopsied as needed. Any tissue removed during the procedure will be sent to the lab for further evaluation. A typical colonoscopy lasts between 20-40 minutes.

What Can I Expect After the Procedure?

* After the procedure, you will be taken to a recovery room for approximately 30 minutes. While in recovery, you may feel some cramping and bloating.
  + Passing gas will relieve this pressure.
* Your provider will come in to talk with you about the initial results of the procedure.
* Your driver will then be able to take you home.
* You can return to normal activities as able, except NO DRIVING for 24 hours.
  + The medications used for colonoscopy can also make you drowsy, so refrain from making important decisions the day of your procedure.

If you experience any symptoms that warrant concern such as: bleeding (greater than one tablespoon), fever, or severe abdominal pain that will not go away, notify your physician immediately at **470-267-1520.**

MiraLAX Preparation

5 days prior to your Colonoscopy:

* Stop taking iron supplements, multivitamins, and aspirin products.
* Stop taking any blood thinning medications as previously instructed. Examples include Aspirin, Plavix, Coumadin, Warfarin, Jantoven, Xarelto, Eliquis, Brilinta, Effient, & Pradaxa. If you have not received instructions on the use of these medications or if you have any questions, please call our office at **470-267-1520**.
* If you are diabetic, contact your monitoring provider for direction on insulin and pill management.
* Make arrangements for an adult driver (at least 18 years of age) to stay at the facility during your procedure, assist you with dressing, receive discharge instructions, drive you home, and stay with you for 24 hours after the procedure. If you **do not** have a driver or the driver is not in the waiting room during your procedure, we will **not be able** do the procedure.
* Start a low fiber diet
  + Examples include (but are not limited to): tender meat, fish and poultry, ham, bacon, lunch meat, eggs, tofu, white bread, white rice, pasta, crackers, eggs, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing and other condiments.
  + Please avoid seeds, nuts, dried fruit, coconut, whole grains, popcorn, bran, corn, quinoa, raw fruits and vegetables, chunky peanut butter, berries, beans and lentils.

3 days prior to your Colonoscopy:

* Purchase the following from your local pharmacy:
  + Box of Dulcolax 5mg tablets (not stool softener)
  + One 238-gram bottle of MiraLAX
  + 64 oz botte of Gatorade or Powerade (avoid red, orange, or purple colors)
    - **If you are diabetic, use sugar free Gatorade or Powerade Zero.**

Day before your procedure (**If your procedure is scheduled at, or prior to 10:00 AM**):

* No solid foods
* You may only have clear liquids:

Coffee (no Cream or milk) Tea Lemonade (from a mix)

Strained Fruit Juices Kool-Aid Jell-O

Clear Broth Soda Popsicles

Sports drinks Clear hard candy

\*Avoid all liquids that are red, orange, or purple and avoid ALL alcohol.

* Drink at least 6-8 glasses of clear liquids today to decrease stomach cramping.
* 12:00 PM: Mix the entire bottle of MiraLAX & bottle of Gatorade in a pitcher. Place in the refrigerator to cool, however make sure the mixture is not ice cold.
* 4:00 PM: take 4 Dulcolax tablets with any clear liquid.
* 6:00 PM: Drink one 8oz glass of the Gatorade/MiraLAX mixture. Continue drinking one 8oz glass every 15 minutes until gone.
* Drinking this mixture will cause diarrhea so stay near the restroom. Even if you are sitting on the toilet, continue drinking the mixture as instructed. If you get nauseated, or vomit, rinse your mouth out with water, take a 15–20-minute break, and then continue drinking the solution. When finished with the preparation, your bowel movements should be watery, see-through, and free of solids. The color may appear clear to yellow, green, or tan. It is common to feel chilled during the colon cleansing process.
* If you have any questions or concerns, please call our on-call physician at **470-267-1520**.

Day of the procedure (**If your procedure is scheduled at, or prior to 10:00AM**):

* 12:00 AM: Nothing else to eat or drink.
* You may take your medications with a few sips of water up until 3 hours before your procedure.
* If you are diabetic on insulin, take it as instructed by your prescribing provider.
* If you use an inhaler, bring it with you to your procedure.
* If you wear contacts, please be prepared to remove them, or wear glasses.
* Please do not wear any jewelry, including body piercings.
* Please avoid wearing lotion the day of your procedure.

If you have any questions/concerns, please call our office at **470-267-1520.**

Day before your procedure (**If your procedure is scheduled after 10:00AM)**:

* No solid foods
* You may only have clear liquids:

Coffee (no cream or milk) Tea Lemonade (from a mix)

Strained Fruit Juices Kool-Aid Jell-O

Clear Broth Soda Popsicles

Sports drinks Clear hard candy

\*Avoid all liquids that are red, orange, or purple and avoid ALL alcohol.

* Drink at least 6-8 glasses of clear liquids today to decrease stomach cramping.
* 12:00 PM: Mix the entire bottle of MiraLAX & bottle of Gatorade in a pitcher. Place in the refrigerator to cool, however make sure the mixture is not ice cold.
* 4:00 PM: take 4 Dulcolax tablets with any clear liquid.
* 6:00 PM: Drink one 8oz glass of the Gatorade/MiraLAX mixture. Continue drinking one 8oz glass every 15 minutes until you have drunk 6 glasses.
* Keep the remaining mixture in the refrigerator. You will start drinking the remaining fluids at 6:00AM tomorrow.
* Drinking this mixture will cause diarrhea so stay near the restroom. Even if you are sitting on the toilet, continue drinking the mixture as instructed. If you get nauseated, or vomit, rinse your mouth out with water, take a 15–20-minute break, and then continue drinking the solution. When finished with the preparation, your bowel movements should be watery, see-through, and free of solids. The color may appear clear to yellow, green, or tan. It is common to feel chilled during the colon cleansing process.
* If you have any questions or concerns, please call our on-call physician at **470-267-1520.**

Day of the procedure (**If your procedure is scheduled after 10:00AM)**:

* 6:00 AM: Begin drinking the remaining MiraLAX mixture. Continue drinking one 8oz glass every 15 minutes until finished. You must finish drinking your prep by 8:00 AM
* You may take your medications with a few sips of water up until 3 hours before your procedure.
* If you are diabetic on insulin, take it as instructed by your prescribing provider.
* If you use an inhaler, bring it with you to your procedure.
* If you wear contacts, please be prepared to remove them, or wear glasses.
* Please do not wear any jewelry, including body piercings.
* Please avoid wearing lotion the day of your procedure.

If you have any questions/concerns, please call our office at **470-267-1520**.

**Parking Instructions:**

Address: 3000 Hospital Blvd, Roswell Ga, 30076

**From Alpharetta Hwy:**

Turn into **Wellstar North Fulton Hospital** and drive pass the front entrance. Continue straight; make a left towards the **Outpatient Surgery Center.** Drop the patient off at the drive under and straight ahead you will see parking for outpatient surgery.

**From Hembree Rd:**

Turn into **Wellstar North Fulton Hospital**, make a right towards the **Outpatient Surgery Center**. Drop the patient off at the drive under and straight ahead you will see parking for outpatient surgery.