



COLONOSCOPY PROCEDURE INSTRUCTIONS AND FAQs

You are scheduled for a Colonoscopy in our office. This is a procedure that examines the large intestine (colon) and rectum. The scope is a long flexible tube with a camera on the end that will be inserted into the rectum. We understand that the idea of having a colonoscopy may feel overwhelming. At Trinity, we do our best to make the process as easy as possible. Attached is information about your upcoming procedure to help you understand what to expect. Please take the time to read through the information now, as some of the preparation starts a week prior to your colonoscopy.

A clean colon is critical in allowing your doctor to perform an effective exam and remove polyps as needed. This is why following the attached bowel prep instructions carefully is so important.

You will need to arrange a responsible adult to take you home. You cannot drive or walk home and will not be released to a taxi or public transportation system. Do not plan to go back to work until the following day or make any major decisions as the effects of sedation linger.

If you have any questions after reading the instructions or need to reschedule, please contact Rob at 865-539-0270.

CANCELLING OR RESCHEDLING.

Please make every effort to keep your appointment. You may cancel or reschedule if absolutely necessary, however, we ask that you give a ONE WEEK notice. This allows us to offer the appointment to another patient. Due to the nature of the preparation of the procedure, it can be challenging to fill appointments on short notice.

Unless there is a clear emergency or illness, there will be a **\$50 cancellation fee** for appointments cancelled with a notice less than 3 business days (less than 72 hours). Failure to follow prep instructions will not be a valid plea.

INSURANCE COVERAGE.

If you have a change in your insurance coverage since scheduling your procedure, please contact us as soon as possible. It may take 3-4 business days to verify coverage under your new plan.

FREQUENTLY ASKED QUESTIONS:

1. I have constipation. Should I add anything to the preparation?

You may use a mild laxative, such as Milk of Magnesia, on the day BEFORE your procedure. It is best to take the laxative at 12:00 pm. Please follow the instructions on the bottle.

2. I am taking the prep and having loose, watery stools. Do I still have to take the rest of the prep?

Yes, you may have solid stool higher in the colon that needs to be eliminated.

3. I see a yellow color in the toilet bowl and a few flecks. What do I do?

If you drank the entire solution, or if your last bowel movements were clear enough that you were able to see the bottom of the toilet, you should be fine. It is okay if you have some flecks of material. The yellow color is a result of bile that normally colors the feces. This should not interfere with the examination.

4. My bottom is sore. What can I do?

To clean the area, avoid rubbing! Gently pat the washcloth or toilet grade wet wipes. Apply Vaseline, tucks pads or Destin liberally.

5. Can I drink alcoholic beverages?

We strongly suggest you do not drink any alcoholic beverages prior to your procedure because they cause dehydration and some wines can thin the blood.

6. Can I chew gum or suck candy?

Yes, but nothing with red color or soft centers.

7. Can I use Gatorade Zero or Powerade Zero to avoid the sugar?

Yes, but be sure that they are NOT red, blue, or purple.

8. Can I have a colonoscopy if I am on my menstrual period?

Yes, the procedure can still be performed. We ask you use a tampon if possible, but not a necessity.

9. How long will the procedure take?

The colonoscopy itself takes about 35 minutes, but it takes longer if polyps are removed. In all, you will be at the office a total of 2-2 ½ hours.

10. When can I eat afterwards?

You can eat as soon as you leave. It is best to start off with bland, light food. Your gastric system has had a rough two days. Be kind to it. Soup, sandwiches, breads and starches are fine. Heavy foods such as red meat, fried food or rich sauces can cause abdominal cramping, nausea and even vomiting.

11. How will I learn the results of my test?

The doctor will discuss the preliminary results of your test with you on the day of the exam. If a biopsy was performed, we will notify you with the results as soon as the physician has reviewed them. This generally takes about a week, and the nurse will call you with the results.

12. Can I have my procedure without sedation?

We do not recommend this due to the discomfort felt. We will not perform a procedure on a patient that struggles with Hypertension without sedation. If you desire a procedure without sedation, please call TMA ahead of time.

Colonoscopy with Miralax Prep



Procedure Date: _____ Arrival Time: _____ Procedure Time: _____

Physician: **Randy Pardue, MD**

Location: **280 Ft. Sanders West Blvd, Building 4, Suite 101, Knoxville, TN 37922**

YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY.

1 Week Prior	2 and 3 Days Prior	1 Day Prior	Procedure Day
<p>➤ Purchase the following:</p> <ul style="list-style-type: none"> • Dulcolax (Laxative) Four tablets (No prescription necessary) • Miralax (or generic equivalent) - One 238G bottle (No prescription necessary) • Gatorade, PowerAde or Coconut water electrolyte replacement drink - 64 bottle to mix with Miralax - DO NOT purchase red, blue or purple colored drinks. • Additional fluid such as Gatorade or similar product – 64 oz.to drink in addition to Miralax mixture. • Tuck pads or Vaseline. These are used to protect the anal area especially if you have hemorrhoids. <p>➤ STOP taking</p> <ul style="list-style-type: none"> • ALL blood thinners (Warfarin, Coumadin, Plavix, Lovenox, Pradaxa, Savaysa, Xarelto, Eliquis, Mobic, Celebrex) • Aspirin products (Advil, Naproxen, Ibuprofen, Aleve, etc.) Tylenol is permitted. • Call office if unsure about medications to stop. <p>➤ Last chance to cancel your appointment.</p>	<p>3 Days Prior</p> <p>➤ Begin low fiber diet.</p> <p>STOP eating whole grain breads, crackers, seeds, corn, raw vegetables or fresh fruit</p> <hr/> <p>2 Days Prior</p> <p>➤ Mix and Chill Miralax mixture</p> <ul style="list-style-type: none"> • Mix 238g of Miralax with 64oz of Gatorade, PowerAde, or Coconut water electrolyte replacement drink. • CHILL mixture. 	<p>➤ DRINK, throughout the day</p> <ul style="list-style-type: none"> • Drink at least 8 glasses (64 oz) of fluid such as Gatorade or similar, preferably not plain water. • This is in addition to the Miralax mixture that will start at 5:00pm. <p>➤ BREAKFAST AND LUNCH consume clear liquid meals:</p> <ul style="list-style-type: none"> • You may have any clear liquids, water, tea, black coffee, clear soda, apple juice, gelatin, popicles • You may not have creamer, milk, lactose products, red, blue or purple colored products. <p>➤ 3:00 – 6:00 pm:</p> <ul style="list-style-type: none"> • Take 4 tablets Dulcolax by mouth. Effects will take 2-3 hrs to start. • Frequent laxative users please start with double the usual effective dose. <p>➤ 5:00 – 8:00 pm:</p> <ul style="list-style-type: none"> • TWO HOURS after taking Dulcolax, start drinking the Miralax mixture. • Drink 8 oz every 10-15 minutes until solution is gone. Feelings of bloating, chills and/or nausea are common due to large volume of fluid ingested. This is temporary and will improve once bowel movements begin (generally within 1-2 hrs, but up to 4 hrs). • Be patient and remember to stay close to a bathroom. Tucks/baby wipes and petroleum jelly may help with irritation. 	<p>➤ Wear a short-sleeved shirt to your appointment.</p> <p>➤ NOTHING BY MOUTH after 4am for the 8:00 or 8:30 procedure.</p> <p>➤ NOTHING BY MOUTH after 7am for the 11:30 or 12:00 procedure.</p> <p>➤ Medications – You may take your essential medication with sips of water.</p> <p>➤ Diabetics: Do not take your pills until after the colonoscopy. If you are on insulin, take ½ the usual NPH and no regular insulin. Take remaining doses after the procedure.</p> <p>➤ Following the Procedure:</p> <ul style="list-style-type: none"> • Start off with bland, light food. Soup, sandwiches, and starches are fine. • Heavy foods such as red meat, fried food or rich sauces can cause abdominal cramping, nausea and even vomiting.