

About a colonoscopy

A colonoscopy is an examination of the lining of the colon using a colonoscope which is a long, thin, flexible tube with a tiny video camera and light at the end. If growths (polyps) or other abnormalities are found, the physician may remove the abnormal tissue for closer examination or biopsy. Your colon will need to be cleansed thoroughly to complete the procedure. It is very important that you follow the instructions in this brochure.

You will be given an intravenous (IV) line through which sedative medications will be given.



Colonoscopy Types

Screening Colonoscopy: Usually for patients over 45 years old who have no symptoms nor have had a colonoscopy in the past ten years (other conditions may apply) depending on your insurance.

Diagnostic Colonoscopy: Patients having symptoms such as blood in stool or diarrhea.

Follow up or Surveillance Colonoscopy:

Patients with no symptoms but who have had a polyp removed in the past or other conditions that warrant a repeat colonoscopy.

Learn more about colonoscopies here:
screen4coloncancer.org | asge.org/patients

Planning for other medical conditions

A registered nurse will call you prior to your procedure to go over your health history and medications.

Please contact your prescribing provider if you:

- Take Coumadin, Plavix, or another blood thinning medication. You may be placed on a different blood thinner until your procedure.
- Have diabetes and use any medications to control your blood sugar. Your primary care provider may instruct you to adjust your medication the day before and the day of your colonoscopy. Continue to monitor your blood sugar as usual.

Plan ahead!

Who will your support person be?

Please arrange for someone to come in with you, receive discharge instructions, and sign you out. They will also need to drive you home. We highly recommend someone stay with you for 24 hours after your procedure.

Northern Light Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, ethnicity, age, mental or physical ability or disability, political affiliation, religion, culture, socio-economic status, genetic information, veteran status, sexual orientation, sex, gender, gender identity or expression, or language.

French: ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement.
Appelez le 1-888-986-6341 (ATS: 711)

Spanish: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
Llame al 1-888-986-6341 (TTY: 711)

 **Northern Light**SM
Eastern Maine Medical Center

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Preparing for your colonoscopy with an extended prep

We want to make you as comfortable as possible during your colonoscopy. We know it can be difficult, and we want to make sure you are prepared to have the best results. Here is a helpful guide to get ready for your procedure.

You have been scheduled for a colonoscopy with:

Physician name

There are circumstances in which your physician may change on the day of your procedure.

Date _____

Arrival times are given seven days before your procedure. Any time given to you before that point is subject to change.

If you have any question or concerns, please call us at 207.973.4266, option 2.

Location for your colonoscopy

Please arrive at **Northern Light Endoscopy**, located on the third floor of the Kagan Parking Garage, 489 State Street, Bangor, ME 04401.

Instructions and preparation

Please follow these instructions carefully to avoid having to reschedule your appointment.

Ten Days Before Your Colonoscopy

Purchase the following from your pharmacy:

- Two 238 gram bottles of Miralax
- One 119 gram bottle of Miralax
- Eight Dulcolax tablets (5 mg)
- A 64 oz. bottle of Gatorade (not red, blue, or purple)
- Assorted clear liquids

Seven Days Before Your Colonoscopy

At 6 pm

- Drink 17 grams of Miralax mixed with 8 oz of water or other clear liquid. Repeat for the next four evenings.

Five Days Before Your Colonoscopy

Stop taking the following:

- Ibuprofen, Advil, or any other NSAID (non-steroidal anti-inflammatory drug)
- Fish Oil
- Pepto Bismol
- Iron supplements or multivitamins with iron
- Fiber supplements
- Food with seeds or nuts, including strawberries, tomatoes, and bananas

You may remain on: 81mg of aspirin

Two Days Before Your Colonoscopy

Do not eat solid foods. Drink clear liquids only. Drink nothing red, blue, or purple.

Clear liquids include:

- Water
- Popsicles
- Clear fruit juices such as apple or white grape
- Coffee or tea without cream or dairy
- Gatorade
- Soft drinks, lemonade, iced tea, and crystal light
- Plain flavored or unflavored Jell-O (no red, blue, or purple)

At 1 pm

- Take two Dulcolax tablets

At 5 pm

- Mix 238 gram bottle of Miralax with 64 oz of Gatorade
- Divide solution, placing half in refrigerator
- With the other half, drink an 8 oz glass every 10 - 20 minutes until gone

At 9 pm

- Take two Dulcolax tablets

One Day Before Your Colonoscopy

Do not eat solid foods. Drink clear liquids only.

At 6 am

- Finish drinking the Miralax solution
- Drink an 8 oz glass every 10 - 20 minutes until gone.

At 1 pm

- Take two Dulcolax tablets

At 5 pm

- Mix 238 gram bottle of Miralax with 64 oz of Gatorade.
- Divide solution, placing half in refrigerator
- With the other half, drink an 8 oz glass every 10 - 20 minutes until gone.

At 9 pm

- Take 2 Dulcolax tablets

The Day Of Your Colonoscopy

Do not eat solid foods. Drink clear liquids only until two hours prior to your scheduled arrival.

Six hours before your arrival time

- Finish drinking the Miralax solution
- Drink an 8 oz glass every 10 - 20 minutes until gone.

Two hours before your arrival time

- Stop all liquids

Get Ready for your procedure with GetWell Loop

We use Northern Light Health's GetWell Loop to stay connected before and after your procedure. This tool provides you with checklists to help make sure you're ready for the day of your procedure. It also keeps your healthcare team up to date on your recovery. Skip the phone call and confirm your procedure, get your arrival time, and get your questions answered through this interactive tool!