

DIGESTIVE DISEASE CONSULTANTS, LTD

Diplomats – American Board of Internal Medicine & Gastroenterology

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Dear _____,

You are scheduled for a colonoscopy on _____ at _____, arriving at _____
with Dr _____ to the following location:

_____ Digestive Disease Endoscopy Center
1302 Franklin Avenue, Suite 1000
Normal, IL 61761
#309-268-3332

_____ Advocate Bromenn Medical Center
Same Day Services
1304 Franklin Avenue
Normal, IL 61761
#309-268-5166

Pre-Testing Appointment:
(If applicable)

Check in at the front desk
@ Advocate Bromenn Med Cntr

_____ Clinton / Dr. John Warner Hospital
422 W White Street
Clinton, IL 61727
#217-935-9571

_____ Advocate Eureka Hospital
101 S Major
Eureka, IL 61530
#309-304-2000

Thank you for making this important medical decision to schedule a colonoscopy. This is an outpatient procedure and this letter is being sent to you to outline the preparation you must go through to complete the colonoscopy.

Enclosed with this letter is a detailed description of the bowel laxative that you must take in order to perform bowel cleansing prior to the procedure. It is very important that you follow these instructions closely, so that a thorough examination can be performed.

If you are taking any blood thinners please contact our office to discuss with our nursing staff. They will need the prescribing physician contact information to determine medication instructions. You will be informed by our nursing staff when to stop taking your blood thinners.

If you are aware of any problems with your kidneys, or if you have been told you have abnormal kidney blood tests, you need to contact our office for alternative bowel preparation. Alert your physician of any drug allergies.

Please be advised that any colon polyps that are removed, or any tissue biopsies obtained, during the examination are sent to a pathologist for analysis.

You can obtain a copy of our **Privacy Notice** on our website or stop by our office to pick up a copy.

If you have any other questions or concerns, please feel free to call our office at (309) 454-5900.

We understand that an unforeseen emergency could arise in which you may need to cancel /reschedule your procedure. We ask that you call the office at least 24 hours in advance to cancel/reschedule. This allows us to office the appointment time to other patients who may have an immediate need for our care. We thank you for your cooperation and understanding.

Please contact your insurance company and notify them of your upcoming procedure.

*******Attention Medicare patients*******

Please read and sign the enclosed Advanced Beneficiary Waiver and return it to our office.

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MIRALAX PREPARATION

The best possible examination requires the colon to be completely empty of stool; therefore diet & laxative instructions are detailed below. It is imperative that you follow these instructions in order to clearly evacuate the colon. Residual stool in the colon may make the exam or the removal of polyps impossible.

Alert your physician to any drug allergies.

****3 Days prior to procedure follow low residue diet. Please see attached****

Three days before the exam: DISCONTINUE: Iron Tablets

Purchase at the Pharmacy/Grocery Store

- Miralax, 238g bottle (over the counter)
- **Dulcolax Laxative Tablets, 4 tablets (over the counter)**
(Do NOT use Dulcolax Stool Softener)
- Gatorade, 64 oz. bottle (Not Grape or Cherry), **if diabetic then use PROPEL**
- Optional: May apply Vaseline or A& D ointment to minimize rectal discomfort. Reapply as needed. May use wet wipes.

The day before the exam: _____ (date)

FOLLOW A CLEAR LIQUID DIET THE ENTIRE DAY.

Coffee, tea, water, 7-UP, ginger ale, apple, or white grape juice (no juice that is red or purple), clear soup broth, bouillon, Jell-O (no red or purple), popsicles (no red or purple), Gatorade (no red or purple) & 100 % cranberry juice (even though it's red, there's no dye in it).

Absolutely no red Jell-O, no liquids containing red dye, no dairy products

No orange juice, tomato juice or grapefruit juice.

LAXATIVE PREP to be done on the day before your exam _____ (date)

Please follow these laxative instructions.

(follow these printed instructions, not the instructions on the Miralax/Glycolax bottle)

- At 2 p.m., take 4 **Dulcolax Laxative Tablets** with a glass of water
- At 4:00 p.m., mix the entire 238g bottle of Miralax with the 64 oz bottle of Gatorade/Propel in a pitcher. Mix the solution until the Miralax is dissolved.

Drink an 8 oz. glass every 10 – 15 minutes until half of the solution is gone. (32 oz)

The other half of the solution (32 oz) will be used the next morning

Continued....

It usually takes about an hour to begin having stools. You may notice some bloating or cramping at the beginning of the prep, but this usually improves once the stools begin. Occasionally, some may develop nausea with vomiting. The best remedy for this is to take a break from the Miralax for about an hour to allow it to move downstream, and then to resume drinking at a slower rate. It usually takes two hours to complete entire amount, and stools generally continue for about an hour or two after completing the prep. Many have found that drinking the prep through a straw and chilling the solution improves tolerance.

Continue to drink clear liquids to assure your colon will be properly cleaned out for the examination.

Day of your exam: _____ (date)

Starting at _____ a.m. (4 hours prior to **ARRIVAL TIME** for your procedure)
drink **8oz. glass every 10 – 15 minutes of the remaining 32 ounces of Miralax solution.**

Continue to drink clear liquids to assure your colon is properly cleansed.

STOP drinking all fluids 3 hours prior to the exam time. Your colon is properly prepped when you are able to see through to the bottom of the toilet after this portion of the prep. Results should be clear or minimal color.

- We strongly encourage you to not smoke within 24 hours of your procedure. This includes cigarettes, pipes, cigars, e-cigarettes and other substances. Smoking can cause complications during or after the procedure.
- Do not consume alcohol within 24 hours of your procedure.
- FAILURE TO COMPLY WITH THE ABOVE INSTRUCTIONS MAY RESULT IN THE CANCELLATION OF YOUR PROCEDURE

To report changes in or additional symptoms since your last contact with the office please call (309) 454-5900.

To cancel or reschedule this procedure or procedure questions contact the Endoscopy Center (309) 268-DDEC (309-268-3332)

Start 3 days prior to your procedure date, _____.

Low Residue Diet

Grain Products:

- enriched refined white bread, buns, bagels, English muffins
- plain cereals e.g. Cheerios, Cornflakes, Cream of Wheat, Rice Krispies, Special K
- arrowroot cookies, tea biscuits, soda crackers, plain melba toast
- white rice, refined pasta and noodles
- avoid whole grains

Fruits:

- fruit juices except prune juice
- applesauce, apricots, banana (1/2), cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon
- avoid raw and dried fruits, raisins and berries.

Vegetables:

- vegetable juices
- potatoes (no skin)
- well-cooked and tender vegetables including alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini
- avoid vegetables from the cruciferous family such as broccoli, cauliflower, brussels sprouts, cabbage, kale, Swiss chard etc

Meat and Protein Choice:

- well-cooked, tender meat, fish and eggs
- avoid beans and lentils

Nuts and Seeds:

- Avoid all nuts and seeds, as well as foods that may contain seeds (such as yogurt)

Dairy:

- as directed by your healthcare providers

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COLONOSCOPY

WHAT IS COLONOSCOPY?

A flexible, lighted tube that is about the thickness of a finger is inserted through the rectum into the large intestine (colon) and allows the physician to carefully examine the lining of the colon.

Abnormalities, which are too small to be seen on x-ray, can be identified, as well as, confirming abnormalities suspected on x-ray. A tiny sample of tissue (biopsy) can be taken for examination in the laboratory, if indicated. Biopsies are taken for many reasons and do not necessarily imply cancer.

WHY IS COLONOSCOPY NECESSARY?

Colonoscopy is a valuable tool for the diagnosis and treatment of many diseases of the large intestine. Abnormalities suspected by x-ray can be confirmed and studied in detail. Even when x-rays are negative, the cause of symptoms such as rectal bleeding or change in bowel habits may be found by colonoscopy. It is useful for the diagnosis and follow up of patients with the inflammatory bowel disease.

The colonoscopy's greatest impact may be in its contribution to the control of colon cancer by polyp removal. Before colonoscopy became available, major abdominal surgery was the only way to remove colon polyps to determine if they were benign or malignant. Now most polyps can be removed easily and safely without surgery.

Periodic colonoscopy is a valuable tool for follow up of patients with previous polyps, colon cancer or a family history of colon cancer.

Colonoscopy is a safe and extremely worthwhile procedure, which is very well tolerated. The decision to perform this procedure was based upon assessment of your problem.

WHAT HAPPENS AFTER COLONOSCOPY?

You will remain in the endoscopy center until most of the effects of the sedation have worn off. You may feel bloated after the procedure because of the air that was introduced while examining the colon. Passing flatus (gas) will provide relief and is encouraged.

You will be able to resume your normal diet after the colonoscopy unless you are instructed otherwise (for instance if polyps were removed).

ARE THERE ANY COMPLICATIONS FROM COLONOSCOPY?

Colonoscopy is safe and is associated with very low risk when performed by a physician who has been specially trained and is experienced in the endoscopic procedure.

One possible complication is perforation, a tear in the lining of the colon. This complication usually requires surgery to repair.

Bleeding may occur from the site of a biopsy or polyp removal. This is usually minor and stops on its own or it can be controlled by cauterization through the colonoscope. Rarely, transfusions or surgery are required.

Colonoscopy is extremely worthwhile and safe, and is invaluable in the diagnosis and proper management of disorders of the colon. The decision to perform this procedure was based upon assessment of your particular problem.

Please see reverse side for more information regarding your colonoscopy

Your procedure requires the usage of sedation, you will not be allowed to drive home following the procedure. You will need to arrange for a responsible adult to drive you home and stay with you for 24 hrs following the procedure. (Does not include taxis/buses.)

Even though you may not feel tired, your judgment and reflexes may not be normal. Please do not drive for 24 hrs following your procedure, or return to work the day of your procedure.

Important Medication Information:

Day of your procedure: **Take all your usual morning medications** (exceptions- insulin/blood thinners/aspirin see below.) It is very important to take blood pressure, seizure, PPI/anti-reflux, heart and breathing medications, with a couple sips of water on the morning of your procedure.

Aspirin: Stop morning of procedure

Iron supplements: Stop 3 days prior to the procedure.

Vitamin E/Fish oils: Stop 5 days prior to the procedure.

Insulin: *A nurse will contact you with dosing instructions. If you do not receive a phone call, please call our office at 309-454-5900.*

Oral antidiabetic medications: Do not take the morning dose the day of your procedure. Monitor your blood sugar and notify your physician as needed.

Blood Thinners: *A nurse will contact you with dosing instructions. If you do not receive a phone call, please call our office at 309-454-5900.*

Important Medical Device Information

Pacemaker-if you have a pacemaker, provide copy of card or last device report prior to procedure

Defibrillator-if you have a defibrillator, provide copy of card or last device report prior to procedure

Neurostimulator-if you have a neurostimulator, bring shut off device to procedure appointment

We strongly encourage you to not smoke within 24 hours of your procedure. This includes cigarettes, pipes, cigars, e-cigarettes and other substances. Smoking can cause complications during or after the procedure. Do not consume alcohol within 24 hours of your procedure.

****Failure to comply with the above instructions may result in the cancellation/reschedule of your procedure.**

Alert your physician of any drug allergies!

To report changes in or additional symptoms since your last contact with the office please call 309-454-5900.

*******Please see attached preparation instruction sheet*******