

Did you know?

We find polyps on average in 33% of the screening colonoscopies performed.

Basically there are two types of polyps:

- Hyperplastic - most commonly found are benign
- Adenomatous - have the potential to become cancerous

Colon Screening Options:

- Virtual Colonoscopy
 - Pros: screens entire colon via CT scan
 - Cons: not covered by any insurance and no specimens are able to be removed
- Stool Cards and Flexible Sigmoidoscopy
 - Pros: inexpensive
 - Cons: stool cards are hit or miss. Flexible Sigmoidoscopy only screens the lower 1/3 of the colon
- Barium Enema and Flexible Sigmoidoscopy
 - Pros: Barium enema screens the entire colon with special attention by the flexible sigmoidoscopy to the lower 1/3
 - Cons: two separate procedures with two separate preps
- Colonoscopy
 - Pros: gold standard for screening the entire colon. Biopsies and polypectomy can be performed
 - Cons: most expensive of options. Not covered by all insurances

Your procedure is scheduled for

- _____
- Date Time
- Bret Ancowitz, MD
 - Thomas Dunzendorfer, MD
 - Phani Molakatalla, MD

 - Please arrive at _____ am/pm to Surgical Daycare, located at the South Entrance of Heywood Hospital.

 - Please arrive at _____ am/pm to Short Stay/3rd Floor located at Athol Hospital.

All appointments subject to change.

Please know your insurance guidelines!
If your insurance requires a prior authorization or an insurance referral, please be sure our office has received this prior to your procedure. Please do not assume that your primary physician's office has taken care of this.



Colonoscopy Instructions

with 2-day Miralax prep



Heywood Gastroenterology

250 Green Street, Suite 104, Gardner, MA 01440

978-669-5522 | www.heywood.org



Prior to your procedure

14 DAYS PRIOR

- **STOP** all herbals and supplements
- Arrange transportation
- Review prep instructions

7 DAYS PRIOR

- **DO NOT TAKE** any of the following medications:

- | | | | |
|-------------|--------------|-----------------|-------------|
| - Advil | - Cold/sinus | - Iron | - Nuprin |
| - Aleve | w/Ibuprofen | - Lodine | - Orudis |
| - Anaprox | - Daypro | - Mobic | - Relafem |
| - Arthrotec | - Diclofenac | - Motrin | - Vitamin E |
| - Celebrex | - Feldene | - Multivitamins | - Voltaren |
| | - Indocin | - Naprosyn | |

- **Please call your prescribing physician if:**

- You take Coumadin (Warfarin), Plavix (Clopidogrel), Aggrenox, Ticlid (Ticlopidine), Pradaxa (Dabigatran), Effient (Prasugrel), Brilinta (Ticagrelor), or Xarelto
- **You have Diabetes**
- **You are on a Rheumatoid Anti-Arthritic regime**
- Lovenox injections must be stopped 24 hours prior to procedure
- **CALL** your prescribing physician for instructions on stopping blood thinners
- **CALL 978-630-5070 to pre-register for your colonoscopy**

Do not stop any prescription medications other than those listed above.

3 DAYS PRIOR

- **Purchase the following items:**

- 2 bottles, 8.3 oz (238 gm) of Polyethylene Glycol 3350 (Miralax)
- 1 bottle, 4.1 oz (119 gm) of Polyethylene Glycol 3350 (Miralax)
- 2 64 oz bottles of Gatorade or Powerade (NO red liquids)
- 1 32 oz bottle of Gatorade or Powerade (NO red liquids)
- Bisacodyl tablets: four 5 mg. tablets (20 mg)
- Baby wipes or skin barriers

- **STOP** eating seeds, peels, corn and salads
- **CONFIRM** transportation

2 DAYS PRIOR

- **At 5:00 pm** – Mix 238 gm bottle of Polyethylene Glycol 3350 (Miralax) powder, into 64oz. container of Gatorade/Powerade and drink slowly over a 2½ hour period

1 DAY PRIOR

- **EAT BREAKFAST BEFORE 9:00 am** – two eggs and two pieces of toast ONLY!
- **DRINK** allowed clear liquids throughout the day – **NO SOLID FOOD**
- **3:00 pm** – Take Bisacodyl 20 mg. (four 5 mg. tablets)
- **5:00 pm** – Mix 238 gm bottle of Polyethylene Glycol 3350 (Miralax) powder, into 64 oz. container of Gatorade/Powerade and drink slowly over a 2½ hour period

ALLOWED CLEAR LIQUIDS

- Clear fruit juices without pulp. i.e. apple, cranberry, grape
- Carbonated drinks i.e. Sprite, Gingerale, 7-up, Pepsi
- Honey, sugar, coffee and tea (without milk or cream), water, clear broth and bouillon
- **NO “Artificial Red Food Coloring”** (i.e. no red colored liquids)

NOT ALLOWED

- Solid food after 9:00 am
- Alcohol, milk or milk products, orange juice, chalky antacids

On the day of your procedure

4 HOURS PRIOR TO PROCEDURE TIME

- Mix 119 gm bottle of Polyethylene Glycol 3350 (Miralax) powder, into 32oz. container of Gatorade/Powerade and drink slowly within 1 hour

3 HOURS PRIOR TO PROCEDURE TIME

- **NOTHING BY MOUTH**

- NO gum
- NO smoking
- NO water
- The **ONLY MEDICATIONS** you may take this morning are:
 - Cardiac (heart)
 - Seizure
 - Blood pressure
 - Asthma medications and inhalers

ARRIVE 1 HOUR prior to procedure time

Allow 2½ hours at the hospital

The hospital **REQUIRES** that you have a ride home. No taxis unless accompanied by a responsible adult. No walking home.
NO DRIVING YOURSELF.