

## 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 Miralax prep*



### Heywood Gastroenterology

250 Green Street, Suite 104, Gardner, MA 01440

978-669-5522 | [www.heywood.org](http://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	- Diclofenac	- Naprosyn
- Aleve	- Feldene	- Nuprin
- Anaprox	- Indocin	- Orudis
- Arthrotec	- Iron	- Relafem
- Celebrex	- Lodine	- Vitamin E
- Cold/sinus w/Ibuprofen	- Mobic	- Voltaren
- Daypro	- Multivitamins	
- **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 your procedure
- **CALL** your prescribing physician for instructions on stopping blood thinners
- Call 978-630-5070 to pre-register for your procedure

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

### 3 DAYS PRIOR

- **Purchase the following items:**
  - 1 bottle, 8.3 oz (238 gm) of Polyethylene Glycol 3350 (Miralax)
  - 1 bottle, 4.1 oz (119 gm) of Polyethylene Glycol 3350 (Miralax)
  - 1 64 oz bottle of Gatorade or Powerade (Do NOT use RED colored liquids)
  - 1 32 oz bottle of Gatorade or Powerade (Do NOT use RED colored liquids)
  - Baby wipes or skin barriers
- **STOP** eating seeds, peels, corn and salads
- **CONFIRM** transportation

### 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**
- **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

### 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 three (3) hours prior to your appointment 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 and **NO DRIVING YOURSELF.**

