

PAUL J. SPINKA M.D.

Gastroenterology & Hepatology

1839 Sonoma Street

Redding, CA 96001

Phone (530) 244-0654 Fax (530) 244-0698

INSTRUCTIONS FOR COLONOSCOPY (MIRALAX PREP)

YOUR PROCEDURE WILL BE DONE AT THE FACILITY YOUR E-MAIL LISTED
(PLEASE NOTE LOCATION PROVIDED FROM E-MAIL THAT WAS SENT BY OFFICE):

_____ Court Street Surgery Center
2184 Court Street
Redding, CA 96001
(530) 246-4444

_____ Shasta Regional Medical
1100 Butte Street
Redding, CA 96001
(530) 244-5121

_____ Redding Endoscopy Center
2179 Court Street
Redding, CA 96001
(530) 246-7000

_____ Mercy Medical Center
2175 Rosaline Ave
Redding, CA 96001
(530) 225-7900

- You will be at the facility for 2-2 1/2 hours from arrival to discharge.
- **You MUST have a driver due to the sedatives given during the procedure. Rideshares like a Taxi, Bus, Uber or Lyft are not acceptable and cannot be used. If using a Medical Transport, someone has to be home at your arrival and be available with you for the remainder of the day if the Surgery Center needs to call and speak to them.**
- You cannot work or drive the day of the procedure. You can resume your normal schedule the following day.

IF YOU ARE TAKING ANY BLOOD THINNING MEDICATIONS SUCH AS WARFARIN (COUMADIN), PLAVIX (CLOPIDOGREL), ELIQUIS (APIXABAN), BRILINTA ETC, PLEASE CONTACT OUR OFFICE FOR INSTRUCTIONS AS SOON AS POSSIBLE TO AVOID HAVING YOUR PROCEDURE CANCELLED OR RESCHEDULED.

This examination allows your doctor to directly view the walls of the colon, (large intestine), so they may know of any disease process present. It is done only after consideration of all factors for your best interest. Often abnormalities, which cannot be seen on x-ray, can be seen here. Removal of a polyp(s) (small growth in the large intestine) by Colonoscopy avoids major surgery and causes much less discomfort. Cancer, inflammatory bowel diseases, and diverticulitis can be seen and evaluated.

WHAT IS THE PROCEDURE?

Medications are administered by IV to help you relax and make the exam as comfortable as possible. General anesthesia is not used for the exam. The instrument used (colonoscope) is a long flexible rubber tube containing a light and lens for excellent viewing. If removal of a polyp(s) is necessary, it is painless and takes only a few minutes. The entire procedure will last about 30 minutes. After 30 minutes of resting you will be alert enough to leave, but YOU MUST HAVE A DRIVER. YOU MAY NOT DRIVE UNTIL THE FOLLOWING DAY.

HOW DO YOU PREPARE FOR THE PROCEDURE?

Cleaning out the large intestine is extremely important. We will have you use a mixture of a medication and one gallon of water that causes the intestine to empty very well.

DIRECTIONS FOR COLONOSCOPIC EXAMINATION

- **NO VEGETABLES/FRUITS WITH SEEDS OR SKIN FOR 48 HOURS PRIOR TO THE EXAM.**
- **START DRINKING THE PREP THE DAY BEFORE THE EXAMINATION.**

MORNING OF THE DAY PRIOR TO THE COLONOSCOPY:

- You may have a light breakfast before 9 AM. Black coffee, tea, bouillon, eggs, toast. No meat or dairy.
- **Nothing solid after 9 AM.**

LUNCH/ DINNER OF THE DAY PRIOR TO THE COLONOSCOPY:

- Clear Liquid diet:
Black coffee (no milk or creamer), tea, soft drinks, water, gelatin, fruit juice popsicles, clear hard candy, bouillon, consommé, fat free broth and fruit juices without pulp. DO NOT EAT OR DRINK ANYTHING THAT IS COLORED RED, PURPLE OR ORANGE.

BETWEEN 4-6 PM THE DAY BEFORE YOUR EXAM:

1. Begin drinking Miralax. You will mix 17gm (one capful) into 8oz glass of water. Mix well. Drink one glass of the Miralax/Water mixture every 10-15 minutes. It is best to drink the whole glass rapidly rather than sipping small amounts continuously. Drink a total of 10 glasses of the mixture and then take a break.
2. Feelings of bloating and/or nausea are common. If you have these symptoms, stop drinking the prep for 30-60 minutes. Then try again at a slower rate such as 8oz. every 15-20 minutes.
3. You may continue having clear liquids of your choice for the remainder of the evening.

MORNING OF YOUR APPOINTMENT (4-6 HOURS PRIOR TO YOUR EXAM):

- You will need to drink another 10 glasses of the Miralax/Water mixture. You will follow the same regimen as listed above. Bowel movements should occur about 1-3 hours after starting the preparation. By this time the stool should start to be a clear, liquid, yellow color.
- **You may continue having clear liquids of your choice up until 2 hours before your exam. DO NOT EAT ANYTHING SOLID.**

IF YOU ARE TAKING BLOOD THINNING MEDICATIONS, SUCH AS COUMADIN, PLAVIX , WARFARIN PLEASE CONTACT OUR OFFICE AT LEAST ONE WEEK PRIOR TO YOUR APPOINTMENT SO WE CAN CLEAR POSSIBLY STOPPING MEDS THROUGH YOUR CARDIOLOGIST.

ALL OTHER MEDICATIONS SHOULD BE TAKEN WITH A SMALL AMOUNT OF WATER PRIOR TO YOUR COMING TO YOUR PROCEDURE.

You could receive a bill from the Doctor, the Facility and possibly the laboratory if biopsies are taken during your procedure.