



Hutchinson Health provides specialty care clinics, emergency services, and specialty programs to Hutchinson and the surrounding communities. Services that Hutchinson Health currently offers:

- Allergy & Immunology
- Audiology
- Cardiac Rehabilitation
- Cardiology
- Counselors & Therapists
- Diabetes Education
- Dietary Counseling
- Ear, Nose, & Throat
- Emergency Medicine
- Family Medicine
- Home Care
- Hospitalist
- Internal Medicine
- Low Back & Neck
- Mental Health Services
- Nephrology
- Neurology
- Nurse Practitioner
- Nutrition Therapy
- Obstetrics & Gynecology
- Occupational Health
- Occupational Therapy
- Oncology
- Orthopaedics
- Pediatrics
- Physical Medicine & Rehabilitation
- Physical Therapy
- Physician Assistant
- Podiatry
- Psychiatry
- Psychology
- Pulmonology
- Radiology
- Respiratory Care
- Rheumatology
- Sleep Medicine
- Speech-Language Pathology
- Spine Surgery
- General Surgery
- Urgent Care
- Urology
- Women's Health

After the Exam

You will be asked to stay in Same Day Surgery for recovery for about an hour. During that time, a nurse will monitor your vital signs, and give you water with a small lunch. A friend or family member may also be with you.

Before you leave, the nurse will give you a sheet of findings and instructions. Please read it before you leave.

You must have a responsible driver to sign discharge instructions and drive you home.

If you have any questions or concerns before the exam, call Hutchinson Clinic at 320-484-4650 or 1-800-944-2690 x 4650 or Same Day Surgery at 320-484-4675. If questions arise after your exam, call the Same Day Surgery Area at 320-484-4675.

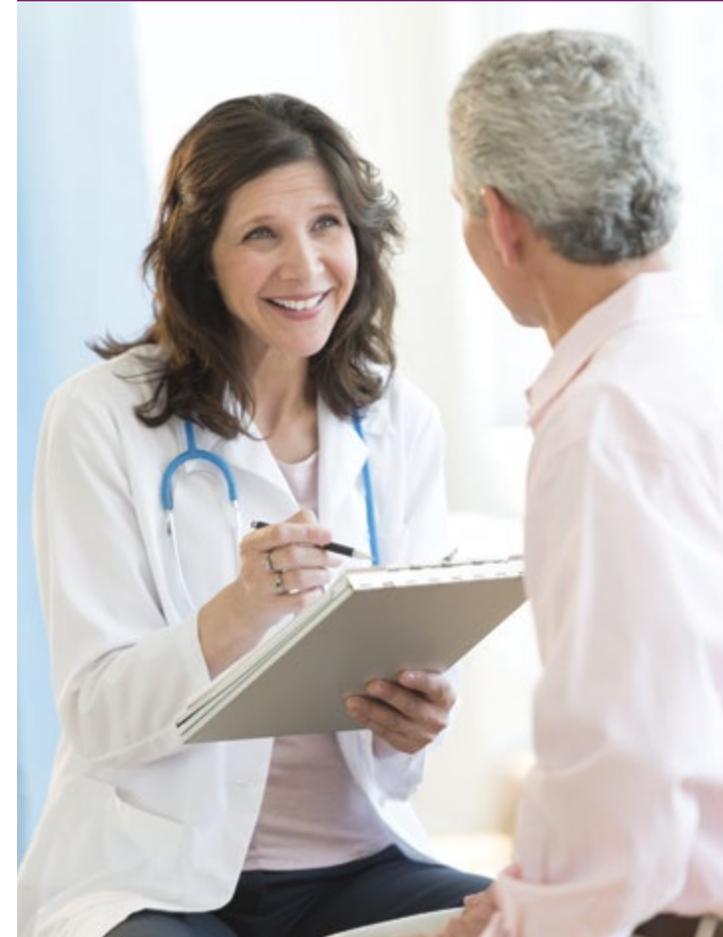


hutchhealth.com

1095 Highway 15 South, Hutchinson, MN 55350
Toll Free: 800-454-3903 or Call: 320-234-5000

Colonoscopy

Pre- & Post-Exam Guidelines



To Cancel or Change Your Appointment

Call 72 Hours Before at 320-484-4650
or 1-800-944-2690 x 4650



Colonoscopy

Procedure

You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy.

*If you are taking blood thinners, please check with your provider.

Clear Liquid Diet: Includes water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer), Gatorade, Pedialyte, carbonated beverages and non-carbonated beverages, Kool Aid or other fruit-flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles, and hard candy. Alcohol is not permitted. **No Red Liquids.**



Day of the Exam

On _____

Arrive at _____

Please report to the Main Entrance of the hospital (HH). Please provide a valid driver's license or photo ID with your insurance card when you check in. If you do not have a photo ID, another form of proof of identification and residence will be requested.

Please check off steps and bring to the hospital:

- Stop eating fruits and vegetables with seeds **4 days** before procedure. Also, no nuts, seeds, oatmeal, or popcorn.

Purchase from your pharmacy (over the counter):

- 2 tablets bisacodyl (Dulcolax laxative). These must contain 5mg of bisacodyl each. Do not use Dulcolax stool softener.
- 1 bottle of Miralax (8.3 oz)
- 64 oz Gatorade or other sports drink (No red liquids). Regular Gatorade or Gatorade G2 is acceptable. Refrigerate Gatorade if you wish to drink it cold. Do not substitute – the electrolytes in Gatorade are important for colon preparation. Do not use powdered Gatorade.
- 1 bottle Magnesium Citrate (10 oz).
- No solid foods after midnight.

Two Days Before Procedure

- Drink at least 8 glasses of water throughout the day.
- No solid foods after midnight.

One Day Before Procedure

- Begin Clear Liquid Diet (diet details inside brochure).
- Drink at least 8 glasses of water throughout the day.
- **At Noon:** take the two (2) tablets of bisacodyl (Dulcolax).
- **Starting at 4 pm:** mix 1 bottle of Miralax with 64 oz of Gatorade in a large pitcher or bowl. Drink one 8 ounce glass of the solution at a time and continue until the mixture is gone. Finish drinking the solution prior to bedtime.
*If you experience nausea or vomiting, rinse your mouth with water, take a 15-30 minute break and then continue drinking the prep solution.
NOTE: oral laxatives may cause mild cramping, bloating, or nausea. Always stay near a toilet when using laxatives.
- Clear liquids are allowed for the remainder of the day, up until bedtime.

Procedure Day

- 4 hours before your procedure, drink 1 bottle of magnesium citrate (10 oz)
- In morning 3 or 4 hours before admission to hospital, take heart, blood pressure or seizure medications if normally taken in the morning.
- Stop drinking liquids 4 hours before the procedure.
- Bring a list of your medications to the hospital.
- Remember you must have a responsible driver to accompany you home.
- You cannot drive the remainder of the day after your procedure.