

**Vasantha Pai, MD PC**  
**SI Endoscopy**  
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### **WHAT IS A COLONOSCOPY?**

Colonoscopy involves the examination of the inside of your large intestine (colon) with a colonoscope, a flexible tube with a light and a camera at the end. This tube will be passed through the rectum into the large intestine. Dr. Pai will examine the lining of the colon and take biopsy specimens (tiny bits of tissue) and remove any polyps he sees on the way.

Polyps are abnormal growths from the lining of the colon, which vary in size from a tiny bead to a few inches. The majority of the polyps are benign (non-cancerous), but a doctor cannot always tell a benign polyp from a malignant (cancerous) one through its outer appearance alone. All removed polyps are sent to the lab for analysis by a pathologist. Removal of polyps is an important way of preventing colon cancer.

You will not feel any pain when biopsies are taken and polyps are removed.

This test does carry a small risk of complications, including, but not limited to, bleeding or puncture in the colon wall. Either of these may require emergent surgery. However, this is very rare.

**Following the test, Dr. Pai will discuss the results with you. If you had any biopsies taken, one of Dr. Pai's nurses will call you within 7 days to discuss the results.**

### **PREPARATION FOR YOUR COLONOSCOPY**

Your lower bowel must be clean and empty for best visualization of your colon by Dr. Pai.

#### **MIRALAX PREP**

Several days before the procedure, purchase one 238 gram bottle of Miralax and four Dulcolax tablets. You may mix the Miralax with any 64 oz of clear liquid, but the liquid may NOT be purple or red. Many patients choose to mix the Miralax with Gatorade.

The colon prep will cause you to have diarrhea. These liquid bowel movements should continue until no brown liquid is seen. The liquid should be clear. Plan to have easy access to the toilet.

The skin around your anus may become irritated or burn. You may use a small amount of hydrocortisone cream, such as Cortaid, on the skin to lessen your discomfort.

## **THE DAY BEFORE YOUR TEST:**

\*\* Drink only clear liquids all day. Clear liquids may NOT be purple or red. Some examples of clear liquids are:

Gatorade      Jello      Popsicles      white soda      water      crystal light      apple juice      tea  
chicken broth/boullion      beef broth/boullion

\*\* Do NOT eat any solid food the entire day.

\*\* Do NOT drink any coffee, orange juice or dairy products.

**BEFORE NOON:**      Prepare the 238 gram bottle of Miralax by mixing with your 64 oz of clear liquid. Shake until dissolved and keep in a refrigerator.

**AT NOON:**      Take the 4 Dulcolax tablets with water and continue to drink clear liquids.

**AT 3 PM:**      Begin drinking the Miralax mixture at a rate of 8 oz (1 glass) every 30 min until the first bottle is gone.

**AT 5 PM:**      Begin drinking the Miralax mixture at a rate of 8 oz (1 glass) every 30 min until your stools run all liquid or you finish your bottle.

### **Important:**

\*\* Finish your liquids before midnight unless scheduled after 12 pm. If scheduled after 12 pm, finish your liquids 6 hours prior to arrival time of procedure.

\*\* If you are diabetic, take half the normal dose of your medication the night before the procedure. Please check your blood sugar before coming in for the procedure and let one of the staff nurses know.

\*\* Take no medication on the morning of the procedure UNLESS you take any blood pressure medications. If you do, please take them with a small amount of water.

\*\* If you are currently on blood thinners, have a pacemaker or defibrillator, please notify one of the staff nurses.

\*\* Please make sure you have an escort to procedure that will stay in office and wait for you until your procedure is done. The procedure usually takes about an hour.

## **THE DAY OF YOUR TEST:**

**Please arrive 30 minutes before your scheduled procedure time.**

\*\* Wear something comfortable. You will be putting on a gown on for the procedure.

\*\* Do not wear any jewelry, make-up, or lotions.

Please call Dr. Pai's office at 618.355.0880 if you have any questions about the instructions or any other issues regarding the procedure. If you cannot reach anyone at Dr. Pai's office, you may call his exchange at 618.398.9756 or call the hospital operator/emergency room.