



Travis S. Walker, MD  
Board Certified General Surgeon

### Preparation for Colonoscopy

Name: \_\_\_\_\_

Your examination is scheduled on \_\_\_\_\_, \_\_\_\_\_ at  
SageWest – Lander Hospital.

**If you do not hear from the hospital by 2:00 p.m. the day before your procedure, please call for your procedure time. Outpatient Services phone number is (307) 335-6567.**

#### Patient Instructions (Please Follow Instructions Carefully)

##### At any time you can buy:

1. Four (4) 5mg **DULCOLAX LAXATIVE** tablets – **must be the LAXATIVE PILLS!** (over-the-counter).
2. **MIRALAX POWDER** 238 gram bottle (over-the counter).
3. 64 oz. of Gatorade or PowerAde (not red). Diabetics may use diet soda, any flavor.

##### **THE DAY BEFORE YOUR PROCEDURE:**

1. Drink **ONLY** clear liquids. **DO NOT EAT ANY FOOD THE DAY BEFORE THE PROCEDURE!** Clear liquids are as follows: bouillon, apple juice, plain jello (not red, please), popsicles (not red, please), 7-up, sprite, ginger ale, tea or coffee with sugar. No cream or any other milk products, please. **DO NOT DRINK ANY ALCOHOL!**

##### **2. DIRECTIONS FOR DULCOLAX/MIRALAX/GATORADE PREP:**

###### **IN THE MORNING**

Mix the entire 238-gram bottle of Miralax with the 64 oz. (2 quarts) of Gatorade in a large pitcher. Stir and chill. You may add ice.

**AT 1PM** the afternoon before the procedure, take all four Dulcolax tablets. It will probably take about 2-3 hours before the action begins. If you are a frequent laxative user, please start with double your usual effective Dulcolax dose. Call us if you have any questions.

**AT 3PM** (two hours after the Dulcolax) start drinking your chilled Miralax cocktail. You should pace yourself to drink about 8 eight ounce glasses (64 oz.) over a 2-4 hour period, roughly one glass every 15-30 minutes, until finished.

3. Expect to use the facilities at least 10-15 times. The stool should be clear, lemonade-like, not sludgy or brown. Expect some cramps.
4. Drink at least three (3) additional 8 oz. glasses of water before retiring to bed. Please try to consume as much clear liquids as tolerated this day to prevent dehydration.
5. If you are diabetic, please check with the hospital on when to stop your diabetic medications.
6. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

#### **THE MORNING OF YOUR PROCEDURE**

1. If you are taking any heart or blood pressure medications, please take them with a sip of water before going in for your procedure.

**Please notify us if you are taking Heparin/Coumadin (blood thinner).**

You must make arrangements for someone other than yourself to take you home and to be with you for 24 hours after the examination due to the effects of the medications that may be given to you. The effects can last up to 36 hours.

**YOU ARE ADVISED NOT TO GO TO WORK, DRIVE A CAR, OPERATE MACHINERY OR DRINK ALCOHOL FOR A FULL DAY AFTER THE EXAMINATION.**

#### **FOLLOWING THE PROCEDURE:**

1. Please drink plenty of water, as you may be dehydrated from the preparation.
2. Call immediately for any of the following problems after the procedure:
  - Lightheadedness
  - Faintness
  - Shortness of breath
  - Nausea
  - Sharp pains in your chest or abdomen
  - Increased temperature of 101 degrees or greater
  - Large amounts of bloody stools or persistent bloody stools

You may resume normal activities and resume your normal diet when you feel able.

We will schedule your colonoscopy during your pre-op visit. If for any reason you are unable to go ahead with the procedure, please call our office and cancel a minimum of **two(2)** days prior your scheduled procedure date.

Thank you for your consideration.



195 Capitol - Lander WY 82520 307-332-6222

**stay on top of your health**

Dr. Travis Walker would like to share the results of your recent colonoscopy.

➤ **Exam results:**

- Normal – No polyps**  
 **Polyps removed:** \_\_\_\_\_  
(number of polyps removed)

➤ **Type of polyp(s) removed:**

- Adenomatous** -- a benign, precancerous growth.  
 **Hyperplastic** -- a benign growth with no potential to develop into cancer.  
 **Other** -- \_\_\_\_\_

➤ **Follow-up exam**

Your doctor recommends a follow-up colonoscopy in \_\_\_\_\_ years  
from your recent exam date \_\_\_\_\_.  
(date of colonoscopy)

- A report of your colonoscopy results and the recommended follow-up colonoscopy date will also be sent to your referring physician:

➤ \_\_\_\_\_  
(name of referring physician)

- You will receive a reminder call from Walker Surgery and Endoscopy when it time for your next colonoscopy. Please notify us if your contact information changes. To ensure that your follow up is not missed, please make a note of your follow up date and call our office at 307-332-6222 if you have heard from office with one week of your follow up date.

## WHY FOLLOW UP EXAMS ARE IMPORTANT

- Removal of an adenomatous polyp prevents cancer from developing at that spot, but you are at risk to develop new polyps at other locations in you colon. Close follow up is recommended.
- Finding a polyp is common. Over the age of 50, 25% of men and 15% of women will have an adenomatous polyp found on colonoscopy.
- The presence of a polyp only means that you are at risk for colon cancer. It DOES NOT mean that you will get cancer, however, continued follow up with your doctor is important to minimize the risk of developing colon cancer in the future.

## TALK TO YOU FAMILY MEMBERS

- Because adenomatous polyps and colon cancer run in families, it is extremely important that you notify you parents, children and siblings if you have a polyp or cancer discovered during your colonoscopy.
- Your family members should speak with their doctors about having a screening colonoscopy.
  - It is important that they indicate the type of polyp or cancer found during your exam AND your age at time of diagnosis.
- If you have had an adenomatous polyp removed in the past and change doctors, make sure that your new doctor knows about the polyp history to determine an appropriate screening schedule.

