Your Appointment

(Patient Name)
You have been scheduled for a colonoscopy with

(Physician Name)
at St. Joseph Hospital.
Please use the Broadway Entrance and proceed to the Ambulatory Surgery Unit on the 3rd Floor.

(Date)

(Arrival Time)

If you have any questions about your appointment, please call our office at (207) 907-3560 or 907-3550.

Additional Instructions:

St. Joseph Gastroenterology
Department of St. Joseph Hospital

About Your Colonoscopy Exam

Patients who have the following conditions, please take note:

Diabetes: If you have diabetes and are taking medications to control your blood sugar, please contact your primary care provider for instructions on taking your medicine the day before and the day of the procedure. You will be on a liquid diet the day before and the day of the colonoscopy.

Allergies: If you are allergic to any medications, please inform the doctor who will perform the colonoscopy – particularly if you are allergic to Versed or Fentanyl.

Bleeding: If you have a history of a bleeding disorder or if you have frequent, unexplained bleeding, please inform our office and your primary care provider.

St. Joseph Gastroenterology
In the Spirit of Healing
360 Broadway, Suite 100 • Bangor, Maine 207.907.3550

Insurance Authorization
Please make sure you have prior authorization from your insurance company for your colonoscopy. We will submit your bill to all insurance carriers, provided we have your insurance company name, address and policy numbers.

Descriptions for Insurance
Screening Colonoscopy – Patients over 50 years old having no symptoms and who have not undergone a previous colonoscopy (other conditions may apply).

Diagnostic colonoscopy – Any patient having symptoms such as blood in stool or diarrhea.

Follow-up or surveillance colonoscopy – Patients with no symptoms but who have had a polyp removed in the past or another condition that warrants a repeat colonoscopy. (For most insurance companies, a follow-up colonoscopy is covered as “diagnostic” and not “screening”).

St. Joseph Gastroenterology
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Please call our office at 907-3560 or 907-3550 with any questions you may have.
Colonoscopy is the examination of the colon using a lighted tube called a colonoscope. The colonoscope is inserted into the rectum and advanced along the length of the colon. During the colonoscopy it is possible that biopsies may be taken or polyps removed if they are present.

In preparation for this procedure, you will be given an intravenous line through which sedative medications will be administered. You will be drowsy but not completely asleep during the colonoscopy.

Please follow these instructions carefully. This will avoid the necessity of rescheduling. Both our office and the hospital will be calling you the week before your colonoscopy to verify your appointment and answer any questions you may have.

**Week Prior to Colonoscopy**
Continue all regular medications, except the following, until the day of your colonoscopy.
Please **stop** taking the following medications, supplements and foods for 5 days prior to your colonoscopy:
- Fish oil
- Pepto Bismol
- Iron supplements, multivitamins with iron
- Foods with nuts and seeds (including popcorn, berries and tomatoes)

**The Day Before Your Colonoscopy**
- Do not eat any solid food
- Do not drink milk or milk products/dairy substitutes
- Do not drink liquids with pulp such as orange juice or lemonade
- Drink only clear liquids (**nothing red, blue or purple**). Clear liquids include:
  - Water
  - Coffee/tea without cream or dairy (ok to sweeten)
  - Any kind of soda
  - Clear fruit juices such as apple or white grape
  - Gatorade or Crystal Light/Kool-Aid
  - Popsicles
  - Jello
  - Dissolved beef/chicken bouillon or soup broth

**At 1 p.m.**
- Take 2 Dulcolax tablets

**At 5 p.m.**
- Mix 238 gram bottle of Miralax with 64 ounces of Gatorade.
- Divide solution, placing half in refrigerator. With the other half, drink an 8-ounce glass every 10-20 minutes until gone.

**At 9 p.m.**
- Take 2 Dulcolax tablets

If you are taking blood thinners (excluding aspirin) please let us know and contact your primary care provider to see if any special arrangements need to be made.

**For optimum results, it is essential that you drink plenty of water while you are prepping for your exam.**

**Day of Exam**
- 6 hours before exam: Drink remainder of the Miralax solution (an 8-ounce glass every 10-20 minutes until gone). Continue clear liquids up until 2 hours before exam.
- You may take medications with a sip of water up to 2 hours prior to your exam, or bring them with you to take after your procedure.

Resume home medications unless otherwise instructed.