

## Colonoscopy — Dulcolax<sup>®</sup>, MiraLAX<sup>®</sup> and Magnesium Citrate Prep

### Colonoscopy

A colonoscopy is a procedure that lets your health care provider see your large intestine (colon). This procedure is done using a long, flexible tube (a “scope”) that passes into your rectum and through your colon.

The procedure takes about 15 to 30 minutes.

### The Week Before Your Procedure

- You will receive a phone call from a nurse within 1 week of your procedure.
- Tell your primary care provider if you:
  - take warfarin (Coumadin<sup>®</sup>, Jantoven<sup>®</sup>) or any type of blood thinners
  - take insulin or a diabetes pill. He or she may want to change your dosages.
- Tell the health care provider performing your procedure if you:
  - are allergic to any medicines or latex
  - are pregnant
  - have bleeding after surgery.

## Kev Kuaj Xyuas Sab hauv Txoj Hnyuv Qhov Quav — Dulcolax<sup>®</sup>, MiraLAX<sup>®</sup> thiab Magnesium Citrate Kev Npaj

### Kev Kuaj Xyuas Sab hauv Txoj Hnyuv Qhov Quav

Ib txoj kev kuaj sab hauv txoj hnyuv yog ib txoj kev kuaj mob uas cia koj tus kws kho mob saib sab hauv koj txoj hnyuv loj (colon). Txoj kev kuaj xyuas no yog siv ib txoj yas me me, uas hu ua ib txoj yas thaj duab mus rau ntawm koj qhov quav thiab mus rau hauv koj txoj hnyuv loj.

Txoj kev kho mob no yuav kav li 15 mus rau 30 na this.

### Lub Lim Piam Ua Ntej Koj Txoj Kev Kuaj Mob No

- Lawv mam li hu xov tooj tuaj rau koj li 1 lim piam ua ntej koj txoj kev kho mob no.
- Qhia koj tus thawj kws kho mob yog tias koj:
  - noj cov tshuaj (Coumadin<sup>®</sup>, Jantoven<sup>®</sup>) los sis ib yam tshuaj twg uas ua rau koj cov ntshav sab tuaj
  - txhaj cov tshuaj insulin los sis noj tshuaj rau ntshav qab zib. Tej zaum nws yuav xav pauv seb koj noj ntau npaum li cas.
- Qhia tus kws kho mob uas tab tom uas txoj kev kuaj mob no yog tias koj:
  - phiv rau ib yam tshuaj twg los sis cov yas latex
  - xeeb ib plab me nyuam
  - los ntshav tom qab ib txoj kev **(over)** phais twg.

- ❑ **Arrange to have someone drive you home after your procedure.** You will have a medicine that will make you sleepy and you will not be able to drive.
- ❑ You will not be able to return to work after the procedure. Talk with your manager about taking the day off from work.

## Two Days Before Your Procedure

- ❑ Purchase the following ingredients:
  - 2 Dulcolax® laxative tablets (Do not use Dulcolax stool softener.)
  - MiraLAX® powder (238-gram bottle)
  - Gatorade®, Powerade® or water (64 ounces)
  - magnesium citrate (10-ounce bottle).

You can find these at most local grocery stores, drugstores and large retailers.

## The Day Before Your Procedure

- For the entire day: follow a clear liquid diet. A clear liquid diet consists of water, clear broth or bouillon, soda pop, sports beverages, gelatin (no red gelatin), frozen ice treats on a stick, coffee or tea, and fruit juices without pulp (apple, white grape). You may also have hard candy.
- Drink at least 8 glasses of water.
- **Do not drink:** tomato juice; orange juice; any red-, orange-, purple- or dark blue-colored liquids; alcoholic beverages; milk or non-dairy creamer. **Do not eat any solid food.**

- ❑ **Npaj kom leej twg xa koj mus tsev tom qab koj txoj kev kuaj mob no.** Vim koj yuav tau noj ib yam tshuaj uas ua rau koj nkees thiab koj yuav tsis muaj cuab kav tsav tsheb.
- ❑ Koj yuav tsis muaj cuab kav rov qab mus ua hauj lwm tom qab txoj kev kuaj mob no. Nrog koj tus nais tham kom koj phav tau hauj lwm hnuv ntawd.

## Ob Hnuv Ua Ntej Koj Txoj Kev Kuaj Mob No

- ❑ Yuav cov khoom nram qab no:
  - 2 ntshiav tshuaj Dulcolax® uas pab kom yus thaj plab (Tsis txhob siav cov tshuaj Dulcolax uas pab kom yus cov quav muag xwb.)
  - MiraLAX® cov hmoov (lub taub uas luaj li 238-gram)
  - Gatorade®, Powerade® los sis dej dawb (64 ooj)
  - magnesium citrate (ib hwj uas luaj li 10-ooj).

Feem ntau mas koj yuav yuav tau cov khoom no tom lub kiab khw yuav zaub mov noj, tej chaw muag tshuaj thiab lwm cov kiab khw loj loj.

## Hnuv Ua Ntej Koj Txoj Kev Kuaj Mob No

- Rau tag nrho hnuv ntawd: tsuas pub haus tej yam dej ntshiab huv. Txoj kev haus tej yam dej ntshiab huv txhais tau hais tias haus dej dawb, kua zaub los sis kua nqaij, dej pev xij, cov dej uas haus thaum ntaus kis las, cov kua nplaum (tsis pub noj cov kua nplaum uas yog xim liab), dej khov nab kuab uas yus yaim, kas fes los sis tshuaj yej, thiab dej txiv hmab txiv ntoo uas tsis muaj txos (txiv as paum, txiv hmab dawb). Koj kuj noj tau cov khob noom tawv.
- Haus tsawg kawg nkaus 8 khob dej dawb.
- **Tsis txhob haus:** dej txiv lws suav; dej txiv kab ntxwv; ib yam dej twg uas yog xim liab-, kab ntxwv-, xim paj yeeb liab- los sis xim xiav; dej cawv; mis nyuj los sis cov khoom mis nyuj xyaw kas fes. **Tsis txhob noj mov kiag li.**

- You may use healing ointment (Vaseline<sup>®</sup>, Desitin<sup>®</sup>) on the area around your anus to protect your skin from getting sore.
- ☐ At 12 p.m. (noon): take 2 Dulcolax tablets with a glass of water.
- ☐ 4 p.m. to 6 p.m.: mix all of the MiraLAX and Gatorade, Powerade or water together in a pitcher. Stir until the MiraLAX is dissolved. Chill the mixture in the refrigerator. **Do not** add ice to the mixture or drinking glass.
  - Drink 8 ounces of the mixture every 10 to 15 minutes until it is all gone. You must drink it all.
  - If you begin to have an upset stomach (nausea), slow down and drink 8 ounces of the mixture every 30 to 45 minutes until it is all gone.

## The Day of Your Procedure

- You do not need to drink more MiraLAX on the day of your procedure.
- Take any other regular medicines with a small sip of water the morning of your procedure.
- You may have clear liquids up to 2 hours before you are scheduled to arrive for your procedure.
- ☐ 4 hours before your procedure: drink one 10-ounce bottle of magnesium citrate mixed with 10 ounces of water.
- Do not eat or drink anything after finishing the magnesium citrate.
- When you arrive for your procedure, check in at the registration desk.
- You will be asked to wear a hospital gown and slippers.

- Koj muaj cai plev cov tshuaj plev (Vaseline<sup>®</sup>, Desitin<sup>®</sup>) rau ntawm koj lub qhov quav pab kom tsis txhob mob los sis ntse.
- ☐ Thaum 12 teev tsaus ntuj (tav su): noj 2 ntshiaiv tshuaj Dulcolax nrog rau ib khob dej dawb.
- ☐ 4 teev tsaus ntuj mus rau 6 teev tsaus ntuj: muab tag nrho cov hmoov MiraLAX thiab Gatorade, Powerade los sis dej dawb xyaw ua ke hauv ib lub taub dej. Muab do ua ke txog thaum cov hmoov MiraLAX yaj tas. Muab tso hauv tub yees kom txias. **Tsis txhob** tso dej khov nab kuab rau hauv cov dej no los sis hauv koj lub khob thaum yuav haus.
  - Haus li 8 ooj ntawm cov dej no txhua 10-15 na this txog thaum koj twb haus tau tag nrho cov dej lawm. Koj yuav tsum haus tag nrho cov no.
  - Yog tias koj pib mob plab (xeev siab) maj mam haus thiab tsuas haus 8 ooj txhua 30 mus rau 45 na this mus txog thaum koj haus tag nrho cov dej no.

## Hnub uas ua Koj Txoj Kev Kuaj Mob No

- Koj tsis tas yuav haus cov MiraLAX ntxiv hnub uas ua txoj kev kuaj mob no.
- Noj koj txhua yam tshuaj tsuas pub haus dej me ntsis rau thaum sawv ntxov yuav ua txoj kev kuaj mob no.
- Koj muaj cai haus cov dej ntshiab huv mus txog 2 xuab moos ua ntej lub sij hawm uas teem tseg rau koj tuaj ua txoj kev kuaj mob no.
- ☐ 4 xuab moos ua ntej koj txoj kev kuaj mob: haus hwj dej uas muaj 10 ooj magnesium citrate uas muab xyaw nrog 10 ooj dej dawb.
- Tsis txhob noj los sis haus ib yam dab tsi tom qab koj haus cov dej magnesium citrate tas lawm.
- Thaum koj tuaj txog yuav ua txoj kev kuaj mob no, cia li mus ua ntaub ntawv.
- Lawv yuav hais kom koj hnav lub tsev kho mob ib lub tsho tshaj sab thiab ib nkawm thoom thaub.

- A nurse will review your medical history with you. You will be asked to sign a consent form.
- A nurse will insert an intravenous (IV) line into your hand or arm.

### Will It Be Uncomfortable?

- You will be given medicine through an IV line to help you relax and reduce your pain. The medicine will not put you to sleep.
- You may feel cramping and gas-like pain.
- Take slow deep breaths to help you relax.
- Tell your health care provider or nurse if you are uncomfortable.

### After Your Procedure

- You will stay at the clinic or hospital for up to 60 minutes.
- You will receive the results of your procedure before you leave.
- **You must have someone drive you home.** If you do not have an adult to drive you home, your procedure will be canceled.
- Do not return to work after your procedure.
- You may resume your normal foods, beverages and medicines.
- Your stools may not return to normal for 3 to 5 days.

### If You Had a Polyp Removed or Other Biopsy Taken

- Look for signs of bleeding such as black or red stools. You may have bleeding up to 2 weeks after your procedure.
- You will receive your results in 1 to 2 weeks.

- Ib tug nais maum yuav nrog koj tham txog koj keeb kwm mob nkees. Lawv yuav hais kom koj sau npe rau ib daim ntawv tso lus.
- Ib tug nais maum yuav tso ib txoj yas (IV) hauv ib txoj leeg ntshav ntawm koj txhais tes los sis txhais caj npab.

### Puas Yuav Mob?

- Yuav txhaj ib co tshuaj rau koj txoj yas IV no kom pab koj nyob tswm thiab tsis tshua hnov mob. Cov tshuaj yuav tsis ua rau koj tsaug zog kiag li.
- Tej zaum koj yuav mob plab chaub thiab zoo nkaus li tsam plab.
- Maj mam ua tej pa hlob hlob kom koj nyob tswm.
- Qhia koj tus kws kho mob los sis nais maum yog tias koj tsis xis nyob.

### Tom Qab Koj txoj Kev Kuaj Mob No

- Koj yuav pw hauv lub tsev kuaj mob los sis tsev kho mob li 60 na this tawm.
- Koj yuav kawm seb lawv kuaj tau li cas ua ntej koj mus tsev.
- **Koj yuav tsum muaj leej twg uas tsav tau tsheb xa koj mus tsev.** Yog koj tsis muaj ib tug neeg laus nrog koj tuaj uas yuav xa koj mus tsev, ces lawv yuav tsis ua koj txoj kev kuaj mob no.
- Tsis txhob sim rov qab mus ua hauj lwmm tom qab txoj kev kuaj mob no.
- Koj mam li rov qab noj mov, haus dej thiab noj tshuaj li koj ib txwm noj.
- Tej zaum yuav yog li 3 mus rau 5 hnuv koj cov quav yuav rov qab tawv li qub.

### Yog tias Tau Txiaiv Ib Hlww Nqaij Tawm los sis Tshem Ib Qho Nqaij Coj Mus Kuaj

- Xyuas seb puas muaj tej cim uas qhia tias yus los ntshav ib yam li yus cov quav dub nciab los sis liab liab. Tej zaum koj yuav los ntshav li 2 lim piam tom qab koj txoj kev kuaj mob no.
- Yuav yog 1 mus rau 2 lim piam koj mam li kawm seb lawv kuaj tau li cas.

## When To Call Your Health Care Provider

Call your health care provider if you have one or more of the following after your procedure:

- any unusual abdominal or shoulder pain
- temperature higher than 100.5 F
- chills
- rectal bleeding.

### Your Procedure

Location: \_\_\_\_\_

Health care provider: \_\_\_\_\_

Date: \_\_\_\_\_

Arrival time: \_\_\_\_\_ a.m. / p.m.

Procedure time: \_\_\_\_\_ a.m. / p.m.

Phone number: \_\_\_\_\_

Call the phone number above if you have questions about your procedure. If you need to cancel or reschedule, please call at least 24 hours before your procedure.

## Yuav Tsum Hu Koj tus Kws Kho Mob Thaum Twg

Hu koj tus kws kho mob yog tias koj muaj ib los sis ob peb yam nram qab no tom qab koj txoj kev kuaj mob no:

- mob plab txawv txav los sis mob ntawm koj lub xub pwg
- kub taub haus tshaj 100.5 F
- ua daus no
- los ntshav ntawm lub qhov quav.

### Koj Txoj Kev Kuaj Mob

Qhov chaw twg: \_\_\_\_\_

Tus kws kho mob: \_\_\_\_\_

Hnub tim: \_\_\_\_\_

Tuaj txog thaum: \_\_\_\_\_  
teev sawv ntxov / teev tsaus ntuj

Yuav ua txoj kev kuaj mob thaum:  
\_\_\_\_\_ teev sawv ntxov  
/ teev tsaus ntuj

Naj npawb xov tooj: \_\_\_\_\_

Hu tus naj npawb xov tooj saum toj no yog koj muaj lus nug dab tsi hais txog koj txoj kev kuaj mob. Yog tias koj tuaj tsis tau los sis xav rov qab teem caij rau lwm lub sij hawm, thov kom koj hu tuaj li 24 xuab moos ua ntej koj txoj kev kuaj mob no.