Allina Health

Colonoscopy — Dulcolax®, MiraLAX® 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. You should plan to be at the location for up to 2 hours.

What You Will Need to Buy

❑ Buy the following ingredients:

- 10 milligrams (mg) Dulcolax® laxative (Do not use Dulcolax stool softener.)
- MiraLAX® powder (238-gram bottle)
- Gatorade®, Powerade® or water (64 ounces)
- magnesium citrate (10-ounce bottle of liquid or 0.5-ounce package of powder).

Kev Kuaj Xyuas Sab hauv txoj Hnyuv Qhov Quav — Dulcolax®, MiraLAX® thiab Kev Npaj siv cov tshuaj Magnesium Citrate

Kev Kuaj Xyuas Sab hauv txoj Hnyuv qhov Quav

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

Txoj kev kuaj mob no yuav siv sij hawm li 15 mus rau 30 feeb. Tsim nyog koj npaj nyob ntawm qhov chaw kuaj rau 2 teev tag nrho.

Koj Yuav Tsum Yuav tej Yam Dab Tsi

❑ Yuav tej yam nram qab no:

- 10 milligrams (mg) Dulcolax® cov tshuaj laxative (Tsis txhob siv Dulcolax qhov tshuaj ua rau yus tso tau quav yooj yim dua.)
- Cov hmoov MiraLAX®
- Gatorade®, Powerade® los sis dej dawb (64 ooj)
- magnesium citrate (hwj uas muaj 10-ooj dej los sis hnab hmoov uas muaj 0.5-ooj).

(over)

The Week Before Your Procedure

- You may receive a phone call from a nurse within 1 week of your procedure.
- Tell your primary care provider if you:
  - take warfarin (Jantoven®) or any type of blood thinners
  - take insulin or a diabetes pill. Your provider may want to change your dosages.
- **Three days before your procedure,** stop taking iron pills or iron supplements. Do not eat popcorn, seeds or nuts.
- Tell the health care provider performing your procedure if you:
  - are allergic to any medicines or latex
  - are pregnant
  - have bleeding after surgery.

❑ **Arrange to have someone drive you home and stay with you.** You will not be able to drive, take public transportation or return to work after your procedure.

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. **Do not eat solid food.**
- Drink at least 8 glasses of water.

Lub Lim Piam Ua Ntej Koj txoj Kev Kuaj Mob No

- Tej zaum ib tug nais maum yuav yuav hu xov tooj tuaj rau koj li1 lim piam ua ntej koj txoj kev kuaj mob no.
- Qhia koj tus thawj kws kho mob yog tias koj:
  - noj tshuaj warfarin (Jantoven®) 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 koj tus kws kho mob yuav xav hloov pauv koj cov tshuaj kom ntau los yog tsawg.
- **Peb hnub ua ntej koj txoj kev kuaj mob,** cia li tsum tsis txhob noj tshuaj lub ntxiv ntshav los yog lwm yam tshuaj ntxiv ntshav. Tsis txhob noj paj kws, noob los yog txiv qhib.
- Qhia tus kws kho mob uas tab tom yuav ua txoj kev kuaj mob 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 phais twg.

❑ **Npaj kom leej twg thauj koj mus tsev thiab nrog koj nyob tom qhov chaw kuaj.** Txwv tsis pub koj tsav tsheb, caij npav los yog rov qab mus ua hauj lwm tom qab koj kuaj mob tag.

Hnub Ua Ntej Koj Txoj Kev Kuaj Mob No

- Rau tag nrho hnub 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. **Tsis txhob noj mov kiag li.**
- Haus tsawg kawg nkaus 8 khob dej dawb.

- **Do not drink:** tomato or orange juice; red-, orange-, purple- or dark blue-colored liquids; alcoholic beverages; milk or non-dairy creamer.
- You may use healing ointment (Vaseline®, Desitin®) on the area around your anus to protect your skin from getting sore.

❑ Noon: take the Dulcolax with a glass of water.

❑ 4 to 6 p.m.: mix all the MiraLAX and Gatorade, Powerade or water in a pitcher. (Do not mix with red liquids.) Stir until the MiraLAX is dissolved. Chill the mixture in the refrigerator. **Do not** add ice.

— Drink 8 ounces of the mixture every 10 to 15 minutes until it is all gone. <u>You must drink it all.</u>

— 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

- Prep results must be clear (toilet bottom visible) without any stool or brown liquid stool. If not, please call the GI team.
- Take any other regular medicines with a small sip of water the morning of your procedure.

❑ 4 hours before your arrival time: drink the 10-ounce bottle of magnesium citrate or the 0.5-ounce package of powder magnesium citrate mixed with 10 ounces of water.

- You may have clear liquids up to 4 hours before you are scheduled to arrive for your procedure.

- **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.
- Koj muaj cai pleev cov tshuaj pleev (Vaseline®, Desitin®) rau ntawm koj lub qhov quav pab kom tsis txhob mob los sis ntse.

❑ Yav tav su: noj tshuaj Dulcolax thiab haus ib khob dej dawb.

❑ 4 mus rau 6 teev tsaus ntuj: muab tag nrho cov tshuaj MiraLAX thiab Gatorade, Powerade los sis dej dawb hauv ib lub taub hliv dej. (Tsis txhob muab tov nrog tej dej xim liab.) Muab tov ua ke mus txog thaum MiraLAX yaj lawm. Muab tso hauv lub tub yees kom txias. Tsis txhob ntxiv nab kuab rau.

— Haus 8 ooj ntawm cov dej sib tov ntawd txhua 10 mus rau 15 feeb mus txog thaum haus tag nrho. <u>Yuav tsum haus kom tag nrho.</u>

— Yog tias koj pib mob plab (xeev siab), maj mam haus 8 ooj ntawm cov dej sib tov ntawd txhua 30 mus rau 45 feeb mus txog thaum haus tag nrho.

Hnub uas ua Koj Txoj Kev Kuaj Mob No

- Tej yam muaj los vim yog txoj kev npaj no yuav tsum ntshiab ntshiab (pom tau lub viv sab haud) es tsis muaj ib tawb quav li los sis kua quav dab tsi li. Yog tias tseem tsis tau npaj, thov hu mus rau pawg GI kom paub.
- Noj koj txhua yam tshuaj tsuas pub haus dej me ntsis rau thaum sawv ntxov yuav ua txoj kev kuaj mob no.

❑ 4 teev ua ntej koj tuaj: haus hwj dej uas muaj 10-ooj dej magnesium citrate los sis hnab hmoov magnesium citrate uas muaj 0.5 tshuaj magnesium citrate tov nrog 10 ooj dej dawb.

- Koj muaj cai haus cov dej ntshiab huv mus txog 4 teev ua ntej lub sij hawm uas teem tseg rau koj tuaj ua txoj kev kuaj mob no.

- When you arrive for your procedure, check in at the registration desk.
- Your driver should plan to stay in the facility during your procedure.
- You will be asked to wear a hospital gown and slippers.
- A nurse will review your medical history with you. You will 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 may 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

- Your driver will take you home to rest.
- You may resume your normal foods, beverages and medicines.
- Your stools may not return to normal for 3 to 5 days.
- Your health care provider will talk with you about any problems.

- Thaum koj tuaj txog yuav ua txoj kev kuaj mob no, cia li mus ua ntaub ntawv.
- Tus neeg uas thauj koj tuaj yuav tsum npaj nyob twj ywm hauv qhov chaw kuaj thaum lub sij hawm uas kuaj xyuas koj.
- Lawv yuav hais kom koj hnav lub tsev kho mob ib lub tsho tshaj sab thiab rau ib nkawm thoom thaub.
- 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. Tej zaum cov tshuaj no yuav ua rau koj tsaug zog.
- 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

- Tus neeg uas thauj koj tuaj yuav thauj koj mus tsev kom so.
- 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 hnub koj cov quav yuav rov qab tawv li qub.
- Koj tus kws kho mob mam li nrog koj sib tham txog tej teeb meem dab tsi uas lawv nrhiav tau.

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.

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.

Yog tias Tau Txiav Ib Hlwv 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.

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.

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