

How do I prepare for a colonoscopy?

MNGI is moving toward secure electronic communication for appointment instructions, test results and messaging with your care team. The email invitation for MNGI's patient portal will come from noreply@medfusion.net and may take a few business days to receive and is valid for 10 days. If you don't see the email, please check your spam folder, and call us if you have not received it. We will be sending your appointment instructions to the patient portal. It is important to review this information as soon as possible to allow enough time to prepare for your upcoming appointment.

Colon Emptying Tips:

- Drink at least 64 fl. oz. of fluid a day to prevent dehydration.
- Stay near a toilet because you will have diarrhea.
- Even if you are sitting on the toilet, keep drinking the mixture every 15 minutes.
- If you feel nauseous or vomit, rinse your mouth with water, take a 15 to 30-minute break and then keep drinking the mixture.
- If you have had nausea or vomiting with previous colonoscopy preps or if you think you will have an issue, start earlier and go slower with the prep. For example, start prep at 3:00pm and drink the mixture every 20-30 minutes.
- You will be uncomfortable until the stool has emptied from your colon (in about 2-4 hours).
- You may feel cold or have chills.
 - Near the end of your prep, your stool should be a clear or yellow liquid. It is normal to notice this change from clear to cloudy after drinking magnesium citrate. If you are unsure if your colon is clean, call 612-871-1145 to speak with a nurse

Allow extra time to get to your procedure as you may need to stop and use a restroom along the way. You may want to wear disposable underwear.

FAQS:

Question: Where can I purchase my colonoscopy prep?

Answer:

- Order online on MNGI website <https://www.mngi.com/your-visit/procedure-prep>
- Pick up at one of MNGI's endoscopy centers
- Purchase at a drug store (Walgreens, CVS, Cub, Target, Walmart, etc..)

Question: I haven't received my prep instructions

Answer: Please check the patient portal for prep instructions. If you do not have access to the patient portal and have not received instructions in the mail, please call 612-871-1145 to speak with a MNGI representative. If you know what prep you have been assigned, you can find most of the MNGI prep instructions on our website. [Click here to view MNGI prep instructions](#)

Question: Can I do a more natural alternative prep?

Answer: No alterations to prep instructions will be approved. Only prep instructions provided by MNGI will be approved, completing an alternative prep could lead to cancellation.

Question: Can I mix water with the Miralax?

Answer: No, it is important to use one of the pre-approved electrolyte drinks while prepping, to help stay hydrated.

- MNGI recommends Gatorade, Powerade, Pedialyte, Liquid IV or Propel for bowel prep.
- Other electrolyte drinks, such as Nuun or LMNT, can contain higher levels of magnesium and/or sodium which may present a risk to the patient if consumed in large amounts. Coconut water and kombucha should not be used.
- **NO RED** colors

Question: Can I take Bisacodyl (Dulcolax) suppositories instead of Oral tablets?

Answer: No.

Question: What if I have a prep sensitivity?

Answer: Please call 612-871-1145 to speak with MNGI staff about prep sensitivity.

- Please know alternative preps can be expensive due to insurance not covering the whole price. It is important to check with your insurance to see if they will cover alternative preps. The alternative preps are prescriptions that must be sent to the pharmacy, they are **not** available over the counter, unlike Miralax.

Question: Can I start the prep later because I have X, Y and Z going on?

Answer: Our goal is for you to finish your prep early enough to ensure you are cleaned out enough to get some sleep the night before your procedure. You may start your prep earlier in the day, but we don't advise in starting the prep later then 6pm and want the prep completed by 8pm. If you have difficulty with nausea and vomiting while prepping, you can start your prep earlier in the day and take longer breaks. If you want to start the Miralax – Gatorade/Powerade mixture earlier, please also move up the Dulcolax tablets, so that there is 4 hours in between the Dulcolax pills and the Miralax – Gatorade/Powerade mixture.

Question: Can I drink clear dark liquids?

Answer: A clear liquid diet consists of liquids you can see through (NO red). You can have up to one 8 fl. oz. cup of dark soda, black coffee, or tea (no milk, cream, or honey) each day.

- For more details on following a clear liquid diet, please see <https://www.mngi.com/conditions/clear-liquid-diet>.

Question: Can I drink kombucha or coconut water?

Answer: We do not recommend consuming kombucha or coconut water during colonoscopy preparation. Please avoid fluid you cannot see through as this can result in a cancelled procedure due to safety concerns with anesthesia.

Question: Is there a recommended prep if I have diabetes?

Answer: There is not a specific prep for diabetic patients, although you can choose to mix zero sugar electrolyte drinks with your Miralax powder. It is important to contact your monitoring provider of your diabetes for questions relating to your diabetes and a clear liquid diet.

Question: Can I take my morning medications on the day of my procedure?

Answer: If you take daily medication, you may do so up until 3 hours before your procedure time.

- This includes heart and blood pressure medications, blood thinners (if you have not been told to stop these by our office), methadone, and anti-seizure medications.
- **DO NOT** take any chewable vitamins or supplements.

Question: Can I take my diabetes medications when prepping and before the procedure?

Answer: Please contact your monitoring provider of your diabetes for information regarding your diabetic medications. We will check your blood sugar before the start of the procedure. Medications must be taken at least 3 hours before your procedure as you must not take anything by mouth after.

Question: What should I do if I experience nausea, vomiting or have difficulty drinking the bowel prep?

Answer: Please refer to the Colon Emptying Tips (above). If you continue to experience symptoms, please contact 612-871-1145 for advice with the prep process.

Question: How much fiber can I have per day, during the low fiber part of the prep? (3 days before your procedure)

Answer: Please do not consume more than 10-15 grams of fiber per day.

- For additionally low fiber information please visit: www.mngi.com/conditions/low-fiber-diet.

Question: Why do I need to stop my iron?

Answer: Iron can turn stool dark and tarry, which can impair visualization during the procedure. We want you to have the most effective prep results. If you forgot to stop your iron supplement 7 days prior to your procedure, please call 612-871-1145.

Question: Can I complete my double prep in one day?

Answer: No, you may not complete a double prep in one day. You will need to reschedule and complete the colonoscopy prep as outlined in MNGI double prep instructions. Please call 612-

871-1145 and choose the option for scheduling.

Question: Do I have to get up 4 or 6 hours before to my procedure and drink prep in the morning or can I just drink it all the night before?

Answer: It is important to drink the additional prep outlined in your prep instructions the day of your procedure because it is normal to have more cloudiness/sediment in stools in the morning. We want to ensure your colon is properly cleaned out so our providers are able to give you a proper exam.

Question: My prep includes magnesium citrate and I can't find it... Can I use Milk of Magnesium or other products found online?

Answer: Magnesium Citrate is a laxative product that helps to ensure the colon is entirely cleansed prior to a colonoscopy. If you are unable to obtain Magnesium Citrate from MNGI, please contact us at 612-871-1145 for an alternative prep option. If you do not complete approved prep prior to your colonoscopy, your procedure may be cancelled or rescheduled. Please be aware that the Magnesium Citrate should be clear in color and to avoid any non-clear, milky, or chalky product as this poses a clinical risk for anesthesia.

- To ensure you have all the appropriate supplies, we encourage you to purchase your prep kit through MNGI. [Click here to purchase prep kit](#)

Question: I've had stomach/weight loss surgery. Do I have to drink all of the prep?

Answer: Yes, it is important to finish all of the prep to ensure a proper clean out of your colon. You may begin prep two hours early or end two hours late if additional time is needed to consume prep. It is okay to take breaks.

Question: What will happen if I am not cleared out?

Answer: When you are finished with your prep you should not have any solid stool, only clear liquid stool. You should be able to see to the bottom of the toilet bowl. If you are unsure whether your colon is cleaned out, please call our office at 612-871-1145 before you leave for your appointment.

Question: Can my responsible person/driver leave during my procedure?

Answer: It is requested that your responsible party stay on site and have their phone on.

Question: Can I take an uber or taxi to/from procedure?

Answer: A responsible person needs to be with you at check in, go with you after discharge, drive you home after your procedure and help you with follow up care. This takes about 2 hours from check-in to discharge. You will not be able to drive a car, use machinery, or go to work until the next day. Failure to bring a responsible person will result in your appointment being rescheduled.

You may only take an Uber/Lyft or Non-medical taxi if you have a responsible person with you. If you do not have a responsible person with you and need a ride home, you must take a certified medical taxi. This needs to be arranged before your procedure. You do NOT need to call MNGI and confirm you have driver.

If the patient is under 18 or has a legal guardian, the legal guardian must be with the patient for check-in. If the legal guardian is not able to be with the patient at check in, they will need to be available by phone during the procedure and discharge.

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Question: Can I use CBD while prepping and before my procedure?

Answer: You cannot ingest CBD oil while on a clear liquid diet. Doing so will result in procedure cancellation. Other forms of CBD are acceptable so long as NPO guidelines are followed which are outlined in MNGI prep instructions.

Question: Can I smoke the morning of procedure?

Answer: It is advised that you do not smoke on the day of the exam to prevent an irritable airway.

Question: Can I use any form of Marijuana/THC before my procedure?

Answer: No. To avoid cancellation, do not use or consume any form of marijuana/THC the day of your procedure.

Question: What if I took the previous dosage of Simethicone listed on my prep instructions? (i.e. 480mg or 500mg)

Answer: If 500mg or 480mg of Simethicone was taken instead of the updated dosage of 250mg or 240mg, it will cause no harm to you or impact your prep results.

Question: Why was there a dosage change in Simethicone for Miralax/Gatorade preps?

Answer: We have determined that a lower dose can still achieve the same results of reducing abdominal distension and bubbles/foam in your prep.

Question: What if I'm on a fluid restriction and have to do prep?

Answer: Renal patients on fluid restrictions can safely take Nulytely. There should be minimal fluid shift with Nulytely. Nulytely does not count towards fluid restrictions and patient should still consume their recommended fluids. *This does not include cardiac pts on fluid restrictions*

Question: I have a cough and/or cold symptoms. Can I have my procedure?

Answer: The day of the procedure you will be assessed by the Anesthesiologist, who will listen to your heart and your lungs and determine if you are safe to proceed in our settings. If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you develop COVID-19, are exposed to COVID-19 or have COVID-19 like symptoms at any point after you schedule this appointment, please call our office to determine if it is okay to proceed with your visit. COVID-19 guidelines for health care facilities may differ from community guidelines.

Question: I have had changes in my current health status since scheduling my procedure:

Answer: Please call us at 612-871-1145 at least 72 hours prior to your appointment if:

- You develop COVID-19, are exposed to COVID-19 or have COVID-19 like symptoms.
- You have flu-like symptoms within 14 days of your appointment.
- You recently had significant weight gain, started a blood thinner, or have a new condition like diverticulitis, heart problems or breathing problems.

Question: Can I take my blood thinning medications?

Answer: A MNGI RN will be determining if you need to hold your blood thinning medication and will work with your monitoring provider if needed (Ex: Coumadin/Warfarin, Xarelto, Eliquis, Plavix, etc.) before your procedure. A MNGI RN will be reaching out to you to inform you whether you need to hold this medication or not. If you have not heard from us 14 days before your procedure, please call: 612-871-1145.

What to expect at our endoscopy center

You will arrive at our endoscopy center 45 minutes prior to your scheduled procedure time. After you check-in at the front desk, a nurse will bring you back to an admitting bay. You will be asked to change into a hospital gown and given a bag or a key to a locker to store your belongings. The nurse will review your medical history with you, get your vital signs and will insert an IV into your right hand or arm unless you have any extremity restrictions. After you are admitted, you will meet with the Anesthesiologist and the GI Provider performing your procedure. During the procedure, you will be lying comfortably on your left side. The procedure takes about 30 minutes to complete. After your procedure is completed, you will be monitored in our recovery room for approximately 30 minutes. You will need to make sure you have a responsible driver who will be picking you up.

Question: When should I arrive to endoscopy center?

Answer: Please arrive at least 45 minutes prior to your procedure time.

Question: What happens during my procedure?

Answer: You will sign informed consent after speaking with the anesthesia and GI providers. You will be brought back to the procedure room where you will position yourself on your left side for the procedure. Your vital signs will be taken after positioning. After your care team has completed a safety time out, the anesthesia provider will administer the medication to keep you comfortable. The colonoscopy will take around 30 minutes and then you will be brought back to the recovery room for the next 30 minutes. Your driver will be notified once you have arrived at the recovery room. If you would like your driver to accompany you in recovery room and hear the results from the GI provider, please notify a member of your care team. Some patients may experience temporary memory loss after the procedure due to use of monitored anesthesia care. You may wish to have a responsible person present during your discharge to take notes on your behalf and ask questions related to your follow up care.

Question: What are the risks?

Answer: Although serious complications are rare, any medical procedure has the potential for risks. Risks from the procedure include perforation, or a tear through the lining of the colon, bleeding from a biopsy site, reaction to medications, heart and lung problems, and dental or eye injuries.

Question: Will I be in pain?

Answer: You may feel cramping and gas-like pain. You will be given IV medication to keep you comfortable and make you fall asleep during the procedure.

Question: What happens if a colon polyp is found during my colonoscopy?

Answer: Small pieces of tissue (biopsy or polyps) may have been removed and sent to the pathology department for review. Bleeding from your polyp removal may occur up to two weeks after your procedure. Any tissue samples or polyps removed during the procedure will be sent to a lab for evaluation. It may take 10-14 working days for you to be notified of the results by mail or through the Patient Portal. Your referring provider will receive a copy of the

pathology results. If you have not been notified after 14 business days please call MNGI at 612-871-1145.

What to expect after procedure:

You can resume your normal diet the day of and normal activity the day after. The physician will talk with you about the initial results of your procedure and will prepare a full report for the healthcare provider who referred you for the colonoscopy. You may have some cramping or bloating after the procedure which is normal and should disappear quickly by passing gas.

Question: What are my restrictions?

Answer: You will not be able to drive a car, operate machinery, or go to work until the following day. Please avoid air travel for at least 24 hours post procedure.

Question: Will my bowel movements be normal?

Answer: Your stool may not return to normal for 3-5 days.

Question: Will I be in pain?

Answer: Post procedure you may feel short-term cramping or gas-like pain.

Question: Will I have memory loss?

Answer: Some patients may experience temporary memory loss after the procedure due to use of monitored anesthesia care. You may wish to have a responsible person present during your discharge to take notes on your behalf and ask questions related to your follow up care.

Question: When will I get my results?

Answer: Biopsy results may take up to 10-14 days, you will receive a result letter to the patient portal or in the mail if you do not have a MNGI patient portal.

What to watch out for after your procedure:

- If you experience a temperature above 101 degrees, please call your doctor.
- Seek medical attention if you have trouble breathing, wheezing, new persistent cough, or shortness of breath.
- If you have redness or swelling where the medications were given, place a warm, wet washcloth over the affected area for 20 minutes, 3 times a day until the redness subsides. If the symptoms continue or are severe for more than 1 day, call your physician.
- Notify your physician immediately if you experience more than a small amount of bleeding.
- Notify your physician immediately if you develop severe abdominal pain.
- You are advised to avoid air travel for 24 hours following your procedure.