

PREPARING FOR YOUR COLONOSCOPY WITH DOUBLE BALLOON ENTEROSCOPY

Purchase the following supplies at www.mngi.com and click on Purchase Prep Kit two weeks prior to your procedure. Gatorade is not included in the prep kit and must be purchased separately at a local grocery store.

2 - Bisacodyl Tablets

(Dulcolax® laxative NOT Dulcolax® stool softener) each tablet contains 5 mg of bisacodyl

1 - 8.3 ounce bottle of Polyethylene Glycol (PEG) 3350 Powder

(MiraLAX, SmoothLAX, ClearLAX or generic equivalent)

64 oz. Gatorade® (No red colored flavors)

Regular Gatorade®, Gatorade G2®, Powerade®, Powerade Zero®, Pedialyte or Propel® are acceptable. Red flavors are not allowed; all other colors (yellow, green, orange, purple, blue) are okay. It is also okay to buy two 2.12 oz packets of powdered Gatorade that can be mixed with water to a total volume of 64 oz of liquid.

1 - 10 oz. bottle Magnesium Citrate (No red colored flavors)

It is also okay for you to use a 0.5 ounce package of powdered magnesium citrate (17 grams) mixed with 10 ounces of water.

PREPARATION FOR COLONOSCOPY WITH DOUBLE BALLOON

Cancel or reschedule your appointment:

If you must cancel or reschedule your appointment, please call 612-871-1145 as soon as possible.

Transportation:

You must arrange for a responsible person to escort you to your procedure and stay at our facility for the duration of your procedure. A taxi ride is not an option unless you are accompanied by a responsible person. If you fail to arrange transportation with a responsible person that can stay for the duration of your procedure, your procedure will be cancelled and rescheduled.

7 days before:

- Discontinue fiber supplements and medications containing iron. This includes multivitamins with iron, Metamucil® and Fibercon®.
- Confirm a driver for your procedure.

3 days before:

- Begin a Low-Fiber Diet. A low fiber diet helps make the cleanout more effective.
 - Examples of a low fiber diet include (but are not limited to): white bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing and other condiments.
 - The following are not allowed on a low fiber diet: seeds, nuts, popcorn, bran, whole wheat, corn, quinoa, raw fruits and vegetables, berries and dried fruit, beans and lentils.

For additional details on following a low fiber diet, please see <https://www.mngi.com/conditions/low-fiber-diet>

1 day before:

- Begin Clear Liquid Diet (clear liquids include things you can see through).

- o Examples of a clear liquid diet include: water, up to one cup of black coffee or tea (no milk or cream) each day, clear broth or bouillon, Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O and popsicles.
- o The following are not allowed on a clear liquid diet: red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp and chewing tobacco.

- **At noon:** Take 2 Bisacodyl (Dulcolax®) tablets
- **Between 4-6pm:** Drink Miralax – Gatorade preparation

Mix 1 bottle of Miralax® with 64 oz. of Gatorade® in a large pitcher.

Drink 1 - 8 oz. glass of the Miralax®/Gatorade® solution.

Continue drinking 1 - 8 oz. glass every 15 minutes thereafter until the mixture is gone.

Colon Cleansing Tips: Drink adequate amounts of fluid before and after your colon cleansing to prevent dehydration. Stay near a toilet because you will have diarrhea. Even if you are sitting on the toilet, continue to drink the cleansing solution every 15 minutes. If you feel nauseous or vomit, rinse your mouth with water, take a 15 to 30-minute break and then continue drinking the solution. You will be uncomfortable until the stool has flushed from your colon (in about 2-4 hours). You may feel chilled.

Day of your procedure:

You may take all of your morning medications including blood pressure medications, blood thinners (if you have not been instructed to stop these by our office), methadone, anti-seizure medications with sips of water 3 hours prior to your procedure or earlier. If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.

Continue the Clear Liquid Diet up to 3 hours prior to your procedure, then stop drinking. Avoid red liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco and illicit drugs. Use of these will result in your procedure being cancelled.

- **4 hours prior:**
 - o Drink 10 oz Magnesium Citrate
 - o Allow extra time to travel to your procedure as you may need to stop and use a restroom along the way.
- **3 hours prior:**
 - o STOP consuming all liquids.
 - o Do not take anything by mouth during this time.
 - o Allow extra time to travel to your procedure as you may need to stop and use a restroom along the way.

You are ready for the procedure, if you followed all instructions and your stool is no longer formed, but clear or yellow liquid. If you are unsure whether your colon is clean, please call our office at 612-871-1145 before you leave for your appointment.

DESCRIPTION OF COLONOSCOPY WITH DOUBLE BALLOON ENTEROSCOPY

What is colonoscopy with double balloon enteroscopy?

Colonoscopy with double balloon enteroscopy is a procedure that is used to examine the small intestines (small bowel). During this procedure, a doctor examines the lining of your small intestine through a flexible tube called a colonoscope. The colonoscope is inserted into the anus and advanced slowly through the colon and into the small bowel. During a double-balloon enteroscopy, balloons attached to the endoscope can be inflated to allow the doctor to view the entire small bowel. If growths, bleeding or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue, take a biopsy or treat the affected area.

To produce the best and most accurate results, your colon must be completely clean. You will drink a special bowel cleansing preparation to help clean out your colon. You will also need to follow a special diet several days prior to your scheduled

colonoscopy. Even if your stools are clear, it is important to take all of the colon prep as directed because your body is always making fluid and small polyps can hide behind this fluid.

What happens during a colonoscopy with double balloon enteroscopy?

Plan to spend up to three hours at the hospital the day of your procedure. The procedure itself takes up to 90 minutes to complete. You will have a chance to meet with the doctor prior to the procedure. You will also meet an anesthesiologist who will administer sedation medications during the procedure.

Before the exam:

Your medical history will be reviewed with you by your health care team including a nurse, your gastroenterology physician and an anesthesia provider. An IV line will be placed.

During the exam:

During your procedure, the anesthesia provider will administer medications and monitor vital signs which is a process known as Monitored Anesthesia Care (MAC). While most patients sleep through the procedure, some remain awake and aware. The anesthesiologist and/or certified registered nurse anesthetist (CRNA) will help determine the appropriate type of drug to be used during the procedure to keep you safe and comfortable. If abnormal tissue or polyps are found, the doctor may remove them through the colonoscope for closer examination or biopsy. Tissue removal is painless.

You may resume most of your regular activities the day after the procedure. However, medication given during the procedure will prohibit you from driving for the rest of the day. You may resume your normal diet, but alcohol should be avoided until the next day after your procedure.

What happens after the exam?

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 your procedure. You may have some cramping or bloating after the procedure which is normal. Your throat may feel sore for a short time. Any tissue samples or polyps removed during the procedure will be sent to a lab for evaluation. It may take 5-7 working days for you to be notified of the results.

Are there possible complications with colonoscopy with double balloon enteroscopy?

Although serious complications are rare, any medical procedure has the potential for risks. Risks from an upper endoscopy include perforation, or a tear, of the lining of the colon, bleeding from a biopsy site, reactions to medications, 1% chance of pancreatitis heart and lung problems, and dental or eye injuries.