

COLONOSCOPY PREPARATION INSTRUCTIONS

Your procedure is scheduled- On: _____ **At:** _____

Medication needed to complete the preparation:

All medications are to be taken orally. These medications are available at any pharmacy and grocery store.

- 1.) Miralax (available over the counter)-(255gm bottle)
- 2.) Gatorade-(64oz) (Diet Gatorade if diabetic) any flavor, preferable clear, avoid red color
- 3.) Four (4) 5mg tablets of DUCOLAX (bisacodyl)

Three to five days before the test:

- 1.) Stop taking all blood-thinning medications such as Coumadin, Heparin, and Plavix.
- 2.) Stop taking all medications that contain iron until your colonoscopy is completed.
- 3.) Continue any other medication that you normally take.
- 4.) For females: If you have started your menstrual period it is still okay to do the colonoscopy.

The day before the test:

- 1.) Eat a clear liquid diet for breakfast, lunch and dinner the day before the test. Clear liquids include: tea, coffee, (no cream), juices (apple, grape, or cranberry), popsicles, Gatorade, Kool-aid, Jell-O (no red flavors), broth or bouillon. No milk products. No orange or grapefruit juice or lemonade.
- 2.) If you are a diabetic on insulin, take ½ dose of insulin the morning of the procedure, since you will be on clear liquids.
- 3.) At 4pm take four(4) 5mg Ducolax (bisacodyl)tablets.
- 4.) At 6:00pm mix the 255 gram bottle of Miralax in 64oz of Gatorade.
- 5.) Shake the solution until the Miralax is dissolved.
- 6.) Drink an 8oz glass every 10-15 minutes until ¾ of the solution is gone. Save 16oz and refrigerate overnight.
- 7.) Continue drinking clear fluids until bedtime.
- 8.) Continue clear liquids throughout the evening and night if you want.

The morning of the test:

- 1.) Drink the remainder of the saved Gatorade.
- 2.) You may need to stop once or twice for a bathroom break before reaching the hospital. Please note: you may drink clear liquids as desired until 4 hours before check in time.
- 3.) Hold all oral medications except seizure medications, inhalers and prophylactic antibiotics until after the procedure. You may take your seizure medication or prophylactic antibiotic with a small sip of water early in the morning. Insulin dependent Diabetics take ½ of your morning dose of insulin.
- 4.) Dress comfortably. You may wish to bring a change of clothes just in case you soil the clothing you are wearing.
- 5.) You will be unable to drive the day of the test after you receive the sedative. Bring a driver with you or make arrangements to be picked up. You should not return to work the day of the examination.

After arriving at the facility:

- 1.) After arriving at the hospital, you are to check in at the admission desk. Sedatives will be used for the procedure to help with any discomfort you may have, therefore an IV of saline lock will be placed in your hand or arm.
- 2.) You will need to sign a consent form authorizing the doctor to perform the examination. Some patients will need additional laxative at the hospital. The procedure takes 20-30 minutes, and then you will recover for about 1 hour. Plan to be at the hospital for approximately 3-4 hours. Before you leave the hospital you will receive information about the results of your colonoscopy as well as instructions regarding diet, IV site care and follow up.