

COLONOSCOPY PREPARATION INSTRUCTIONS



general
physician
pc

To ensure a SUCCESSFUL examination,
please follow **ALL** instructions carefully and completely.

- If you are, or may be, pregnant please discuss the risks and benefits of this procedure with your doctor.
- You must arrange for a ride (no taxi, ride sharing service or buses) for the day of your exam.
- If you fail to arrange transportation, your procedure will be cancelled and rescheduled.
- You will not be allowed to drive or work for the remainder of the day.
- If you must cancel or reschedule your appointment, please call the office as soon as possible.
- If you are taking any anticoagulation or antiplatelet medications including, aspirin, Brilinta, Eliquis, Coumadin, or Plavix, please discuss with your provider that prescribed it before discontinuing the medication in preparation for your procedure.

FOUR DAYS PRIOR to your procedure:

- Stop taking iron supplements, any vitamins containing iron, ibuprofen, fish oil and flaxseed oil.
- Discontinue fiber supplements, such as Metamucil or Citrucel.
- Limit the intake of high-fiber foods, such as raw fruits, vegetables, whole wheat, multigrain foods, nuts, popcorn, bran or bulking agents.

TWO DAYS PRIOR to your procedure:

- Drink at least eight glasses of water/clear liquids during the day.

ONE DAY BEFORE your procedure:

- Maintain a clear liquid diet all day.
- Do not eat solid foods or dairy products of any kind.
- It is very important to drink fluids both before and after your prep to prevent dehydration.
- Please be sure to consume at least eight, 8 oz. servings (64 oz.) or more of clear liquids on the day before your procedure.

CONTINUED ON THE OTHER SIDE >>

ONE DAY BEFORE your procedure: (continued)

- Please keep in mind that the cleansing process will take 4 to 8 hours or longer so plan your schedule accordingly.
- Between Noon and 4:00 pm, take two Dulcolax tablets.
- Two hours after you take the Dulcolax tablets, mix the 8.3 oz. bottle of MiraLAX with 64 oz. of Gatorade (not red or purple) in an empty pitcher and stir until dissolved.
- Drink an 8 oz. glass every 20 minutes until the entire solution is gone.
- If you become nauseous while taking the MiraLAX, stop for 60 minutes, then resume with smaller and less frequent amounts.
- Continue to drink clear liquids after the prep is completed.
- Take your usual prescription medications (except medications noted above).
- If you have diabetes, you should take your oral diabetic medications at half of the usual dose.
- Monitor your blood sugar at your usual times.
- Consult your endocrinologist or primary care physician for specific instructions on insulin dosing for prep and day of procedure.

A CLEAR LIQUID DIET CONSISTS OF:

SOUPS

Clear bouillon, chicken broth, vegetable broth, beef broth, or consommé

BEVERAGES

Water, tea, black coffee, Kool-Aid, Gatorade and other similar beverages are acceptable

JUICES

Apple, white grape, strained lemonade, limeade and orange drink
(Any juice you can see through that has no pulp is also acceptable)

DESSERT

Italian ices, popsicles, Jell-O, and hard candy

***Do not drink any red or purple beverages, Jell-O or popsicles.
No alcohol. No dairy products.***

THE DAY OF YOUR PROCEDURE:

- Four hours before the procedure, drink the 10 oz. bottle of Magnesium Citrate.
- You may take all of your regular morning medications with a sip of water anytime up to 3 hours prior to your procedure.
- If you are a diabetic, please **DO NOT** take any oral diabetic medication on the morning of your procedure unless otherwise instructed.
- Three hours before stop drinking all liquids.

If you have any questions, please contact your doctor.