

PREP INSTRUCTIONS FOR COLONOSCOPY

Purchase Over the Counter:

- 4 Dulcolax Tablets
- Miralax 238 gram bottle
- 64 oz. bottle of Gatorade or Propel Water (No blue or red). **If you have Diabetes use Propel.**

14 Days Before the Procedure: Stop taking the diet pill Phentermine.

5 Days Before the Procedure: Stop taking any blood thinning medications such as Aspirin, Ibuprofen, Aleve, Plavix, Vioxx, Naproxen, Coumadin, and Heparin. Tylenol may be taken as needed for pain. Stop any anti-inflammatory medications and any iron or multi vitamin with iron. Talk to your prescribing doctor before stopping any medications.

3 Days Before the Procedure: Do not eat any food containing seeds or nuts like corn, popcorn, tomatoes and strawberries. Avoid all food with red and blue dyes. Stop taking Metamucil, Citrucel, or any other bulk laxatives.

The Day Before the Procedure: Have a light breakfast in the morning. Then you will be on a clear liquid diet for the rest of the day. Clear liquids include water, tea, clear juices, soda, coffee without cream or milk, broth, Jell-O, or popsicles. **No products containing red or blue dyes.** Mix the Gatorade or Propel Water with the entire 238 gram bottle of Miralax.

- At **3:00 PM** take 2 Dulcolax tablets with an 8 oz glass of water.
- At **5:00 PM** drink one 8 oz glass of the Miralax solution every 15 minutes until you have finished the entire 64 oz. Miralax mixture (If you become nauseated, lengthen the time to 30 minutes between each glass). You can take the last 2 Dulcolax with your last glass of Miralax. Continue drinking plenty of clear fluids.

The Day of Procedure: Do not take any medication except for blood pressure and/or cardiac medications. All other medications may be taken after the procedure. You may continue with clear fluids up until 4 hours before your procedure.

MAKE SURE TO STOP ALL LIQUIDS 4 HOURS PRIOR TO CHECK-IN.

PLEASE NOTE:

Bring your insurance card(s) & photo ID.

You will be sedated for this procedure. It is required to have someone drive you home. You should expect to be at the facility for approximately 2 hours. Your doctor will speak with you after the procedure. At that time you may want your driver present to help you recall the discussion due to being sedated.

***WE DO REQUIRE 24 HOUR NOTICE OF CANCELLATION.
FAILURE TO PROVIDE 24 HOUR NOTICE MAY BE SUBJECT TO A CANCELLATION FEE.***