

Preparing for Your Colonoscopy

DATE OF PROCEDURE: _____

7 DAYS BEFORE COLONOSCOPY

- Review these bowel prep instructions.
- **Please pick up these over-the-counter medications:**
 - Dulcolax (Bisacodyl) 5 mg tablets. You will be taking 4 tablets.
 - MiraLax – 238-gram bottle.
- **Please purchase 64 ounces of Gatorade, Powerade, or Crystal Light. Do NOT purchase or drink Red, Pink, or Purple. You may buy 2 different flavors, 32 ounces each.**
- Make plans for a ride home. You cannot drive yourself. You must leave with another responsible adult. If you do not have a ride home, your procedure will be canceled.
- STOP supplements – Iron, Multivitamin, Fish Oil, and any other supplements.
- If you are taking any blood thinners (Coumadin, Warfarin, Plavix, Aspirin 325mg, etc.), please follow the instructions given by the office and/or Cardiologist.
- You will be called 1-2 days before your procedure with your time to arrive at the hospital. You will need to arrive 1-2 hours before your procedure to allow for completion of necessary forms and preparation.

5 DAYS BEFORE COLONOSCOPY

- DO NOT EAT
 - Nuts, seeds, popcorn, corn, peas, beans, fruit skins, vegetables, or whole wheat
- STOP – all fiber supplements (Metamucil, Benefiber, etc.)

1 DAY BEFORE COLONOSCOPY

- You may have CLEAR LIQUIDS ONLY (see the list below). No solid food is allowed. Please drink at least eight (8) glasses of clear liquids in addition to the prep.



CLEAR LIQUID DIET

- Soda (Orange, Ginger Ale, Cola, Lemon-Lime)
- Chicken or beef flavored broth. (No Meat, vegetables or noodles)
- Coffee (Sugar is fine, but NO cream or milk) and Tea
- Jell-O (No red, pink, or purple)
- Clear hard candy (No mints or caramels)
- Clear juices without pulp
- Sports drinks (Gatorade, Powerade – No red, pink, or purple)
- Mix the 238-gram bottle of MiraLax with 64 ounces of your chosen liquid; shake or stir the solution until the MiraLax is dissolved. Place in your refrigerator – it is best taken cold.
- At **3 PM** – take the four (4) Dulcolax tablets.
- At **5 PM** – drink an 8-ounce glass of MiraLax/liquid mix every 10-15 minutes until you have completed 32 ounces or half of the solution. ***If you feel nauseated, you may need to stop for 30 minutes before you drink more. You may use a straw to help with nausea.
- DO NOT take any medication between 5 pm-9 pm. You may take any missed medications after 9 pm.
- If you are Diabetic and taking oral medication or insulin, follow the instructions by Pre-Surgical Screening, Primary Care Doctor, or Endocrinologist to adjust your medication.

THE DAY OF COLONOSCOPY

- Nothing to eat or drink the day of the colonoscopy except for your medications and the second half of your prep solution.
- AM Medications – follow the instructions given by Pre-Surgical Screening as to when to take your normal morning medications.
- **Drink the second half of your prep solution 5 hours before you are scheduled to come to the hospital** (see chart below for examples). Drink 8 ounces every 10-15 minutes until completed. You must finish at least two (2) hours before you report to the hospital.
- The colon preparation will produce watery diarrhea. The goal is for the diarrhea to be watery clear/yellow, and not sludgy/brown.
- Please leave your valuables at home. Do not wear nail polish, makeup, or jewelry. Please remove all body piercings.
- You will spend 30 minutes-1 hour in the recovery room before discharge. You must be able to drink fluids, tolerate activity, and have adequate pain control before discharge.

Arrival time at Taylor Station or Mount Carmel St Ann's Hospital	When to start the 2 nd half of prep the morning of the colonoscopy
7:00 AM	2:00 AM
8:00 AM	3:00 AM
9:00 AM	4:00 AM
10:00 AM	5:00 AM
11:00 AM	6:00 AM
12:00 PM	7:00 AM
1:00 PM	8:00 AM
2:00 PM	9:00 AM