

Colonoscopy Bowel Preparation Instructions

IMPORTANT if the bowel is not clean when you arrive at the endoscopy center, rather than giving you an incomplete or poor examination, your procedure will need to be rescheduled.

PLAN AHEAD purchase prep items:

- 4, 5mg Dulcolax Tablets
- 1, 8.3oz (238gram) bottle of MiraLAX
- 64oz Gatorade (no red or orange flavors)



5 DAYS PRIOR to your procedure. You must **STOP** any anti-inflammatory type drugs such as, Ibuprofen, Motrin, Advil, Naproxen, Mobic, and Celebrex.



2 DAYS PRIOR to your procedure. Dinner will be your last solid meal until after your procedure. Tomorrow is clear liquids all day.



1 DAY PRIOR to your procedure. Eat **ONLY** a **CLEAR LIQUID DIET**. A clear liquid diet consists only of liquids that you could read a newspaper through. You should also take your colonoscopy bowel prep medication today.

CLEAR LIQUIDS INCLUDE:

- ✓ Water
- ✓ Clear fruit juices without pulp
- ✓ Broth (chicken, beef or vegetable)
- ✓ Popsicles or gelatin (such as Jell-O)
- ✓ Coffee or tea (without milk or cream)

PREP INSTRUCTIONS:

1. **COLONOSCOPY PREPARATION**- MiraLAX
 - Four, 5mg Dulcolax tablets
 - One, 8.3oz (238 gram) bottle of MiraLAX
 - 64oz of Gatorade (no red or orange flavors)
2. **MIXING PREPARATION**
 - Mix the entire 8.3oz (238gram) bottle of MiraLAX into 64oz of Gatorade. Shake until the MiraLAX is dissolved.
3. **DRINKING YOUR BOWEL PREPARATION**
 - Between 3-5 PM the night before your procedure
 - Take 4 Dulcolax tablets (a total of 20mg) by mouth with at least 8oz of water and then wait one hour.
 - Drink 8oz of MiraLAX/Gatorade solution every 10-15minutes until the solution is gone.

WHAT TO EXPECT:

- ❖ You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- ❖ Bloating and mild abdominal cramping is common. Drinking the prep medication more slowly and over a longer period of time can alleviate these symptoms.
- ❖ A successful colon prep will cause you to have clear “yellow” liquid stools.



DAY OF PROCEDURE. Take your usual morning medications with a small sip of water. **STOP** drinking **clear liquids** at least 6 hours prior to your colonoscopy. **DO NOT** chew gum or have hard candy. Please bring the following with you to your appointment:

1. Completed Personal Information Sheet
2. List of current medications
3. Insurance Card
4. Photo ID



WHAT IS A COLONOSOCOPY AND WHAT CAN I EXPECT?

Please read all instructions ahead of time so that you can be adequately prepared for your procedure.

A colonoscopy is a procedure that allows your doctor to examine the inside of your lower digestive tract, also known as your colon and rectum. The procedure uses a colonoscope-a long flexible tube with a light and camera at the end-to examine the inside lining of the colon. Taking tissue (biopsies) and removing polyps may be performed.

The day before the test, you will do a bowel prep to empty and clean your colon. The bowel prep includes a strong laxative and a liquid diet. Following the directions of the bowel prep makes it easier for your doctor to detect polyps and other abnormalities during the colonoscopy.

Before the exam, an IV will be started. You will receive medication through the IV to help you relax. Then, the doctor will gently insert the colonoscope into the rectum and guide it through the entire colon.

The colonoscopy usually takes 15 to 30 minutes to complete. You will spend time in the recovery area after your colonoscopy is complete where the nursing staff will monitor you. Your total time present at our facility may be between 2-3hours.



DISCUSS MEDICATIONS and any health conditions with your doctor.

- You may need to temporarily discontinue blood thinners prior to your procedure. The length of time to stop your medication depends on the drug you are taking as well as the reason for which you are taking it. **Please consult your prescribing doctor.**
- Diabetic patients-If you take oral hypoglycemic medications (“Sugar Pill”) do not take it the morning of your procedure. If you take insulin, you should take ½ of your usual scheduled insulin dose.
- Take your usual morning medications with a small sip of water the morning of your procedure.



ARRANGE for a driver

- You must have a responsible companion, friend or family member, 18 years of age or older to escort you to our center. They must be available during and after your procedure. If your escort does not accompany you and cannot be contacted, your procedure will unfortunately have to be rescheduled. You should not drive a car, operate machinery or make any legal decisions until the day after your procedure.
- Due to the inability to replace a missed procedure, we reserve the right to charge a \$200.00 fee for such missed endoscopic examinations. A missed procedure is defined as a failure to show for your scheduled procedure or a cancellation within 48 hours of your scheduled procedure time. Please call our office as soon as possible once you are aware of your inability to keep your appointment.