



## COLONOSCOPY Preparation

Procedure Date \_\_\_/\_\_\_/\_\_\_ Arrival Time \_\_\_\_\_

Location \_\_\_\_\_

**IMPORTANT: Patients taking blood thinners such as Coumadin (Warfarin), Ticlid or Plavix must stop taking medication 4 DAYS PRIOR to your scheduled procedure date.**

### WHAT YOU'LL NEED TO OBTAIN TO PREPARE FOR THE PROCEDURE:

1. Four (4) DULCOLAX Laxative Tablets. They are sold over the counter at any pharmacy.
2. 238-gram bottle of MIRALAX. This is also sold over the counter at any pharmacy.
3. 64 -oz of Gatorade--**NOT red or purple** in color (see information below).

### THE DAY BEFORE THE EXAM:

Beginning when you rise in the morning, you are on a **clear liquid diet only**.

#### **You may NOT HAVE**

- Anything Red or Purple in color to eat or drink -- no red or purple popsicles, jello, Gatorade, sports drinks or red wine. (Red or purple products could be misinterpreted as blood in the colon.)
- No milk or creamer products.

#### **You may have**

- Clear broth, colas, coffee, tea, apple juice, white grape juice, water or any other clear liquid that is not red or purple in color.
- Jello or popsicles that are not red or purple

### BOWEL PREPARATION SCHEDULE

**3:00 PM** Take 4 Dulcolax tablets with clear liquid.

**5:00 PM**

- Mix 238gm bottle of Miralax in 64 oz of Gatorade (**not red or purple**).
- Shake solution until the Miralax is dissolved.
- Drink an 8-oz glass every 10-15 minutes **until ALL solution is gone**.
- Continue drinking clear fluids until bedtime.
- Stay very close to a bathroom after beginning prep.

### **NOTHING TO EAT OR DRINK AFTER MIDNIGHT**

### ON THE DAY OF THE PROCEDURE

- Please bring your **driver's license and insurance card(s)** with you on the day of procedure.
- **YOU MUST HAVE SOMEONE DRIVE YOU HOME.** The facility cannot release you without someone to drive you home because of the sedatives administered to you for the procedure.

**\*\*\*FOLLOW THE DIRECTIONS CAREFULLY TO AVOID INCOMPLETE CLEANING OF THE COLON, WHICH MAY RESULT IN A FAILED PROCEDURE AND THE NECESSITY TO REPEAT THE ENTIRE PROCESS\*\*\***

Please call us with any questions: 970.249.4321

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