

Colonoscopy Preparation Instructions



******If you have to reschedule your scope more than once, you will be charged a \$50 rescheduling fee. ******

WHAT YOU WILL NEED TO OBTAIN TO PREPARE FOR THE PROCEDURE:

These are all available, without a prescription, at any pharmacy and in most grocery stores

1. Four (4) DULCOLAX Laxative Tablets: (Be sure you get laxatives and not stool softeners.)
2. One 238 gram (14 doses) bottle of MIRALAX
3. 64 ounces of Gatorade, or any clear liquid (**not red or purple in color**)
4. Two (2) Gas X tablets

THE DAY BEFORE THE PROCEDURE:

From the time you get up in the morning, you are on a clear liquid diet the whole day.

You may **NOT** have:

- Any solid foods (including non-dairy creamers) other than popsicles or jello (**not red or purple in color**)
- Any dairy products
- Anything red or purple in color—such as fruit juices, sports drinks, soda pops or wine (the dyes pass into the colon, and may be misinterpreted as blood).

You **MAY** have:

- Water (bottled or tap)
- Clear broths, and clear fruit juices (such as apple, white grape, white cranberry-- **not red or purple in color**)
- Soda pop, sports drinks and vitamin waters that are **not red or purple in color**
- Coffee and tea (**without cream**)
- Jello and Popsicles that are **not red or purple in color**

BOWEL PREPARATION SCHEDULE:

3:00 p.m. Take all 4 Dulcolax tablets with a clear liquid, continue drinking clear liquids

From this time forward remain close to a bathroom

5:00 p.m. .

- Mix the 238gm bottle of Miralax with the 64 ounces of Gatorade
- Mix or shake solution until the Miralax is dissolved
- Drink an 8 ounce glass every 10-15 minutes until ALL solution is gone
- Continue drinking clear liquids until bedtime.

Bedtime

- Take both Gas X tablets

*****Follow all directions carefully to avoid incomplete cleaning of the colon, which may result in a failed procedure and the necessity to repeat the entire process at a later date with a two day prep***.**

Diabetic patients: _____

Patients on blood thinners: _____

*******DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT THE DAY GOING INTO YOUR PROCEDURE, OR YOU MAY HAVE TO BE RESCHEDULED! *******

ON THE DAY OF THE PROCEDURE:

Please take only blood pressure, seizure, pain & acid reflux medications, with just a little bit of water.

You may shower, wash your hair and brush your teeth (just rinse and spit, don't swallow the water)

Arrive at the _____ of _____

By _____ a.m. for your procedure at _____ a.m.

Wear comfortable clothing to go home in, nothing tight at the waist.

Take a pictured ID (such as your driver's license) and insurance cards to the facility.

YOU MUST HAVE SOMEONE DRIVE YOU HOME. Due to sedatives administered to you for the procedure the facility cannot release you without someone to drive you home. **

Any questions please visit www.montrosesurgical.com & click on the Video link. You may also contact us with additional questions at (970) 249-4321. Please be prepared accordingly for your procedure. Thank you.