



General Surgery-Colonoscopy Prep Instructions

7 DAYS ***BEFORE*** YOUR COLONOSCOPY:

- Arrange for ***transportation***. You will be given sedation during your procedure, therefore you cannot drive for the rest of the day and you **MUST** have a responsible adult accompany you to and from the hospital and wait in the hospital during your procedure, otherwise your procedure will be cancelled and rescheduled. Please, **NO** alternative forms of transportation like cabs or buses.

MEDICATIONS:

- Purchase one 238gm bottles of Miralax (Polyethylene Glycol) over the counter at your local pharmacy
- Purchase two Dulcolax (Bisacodyl) 5mg tablets over the counter at your local pharmacy
- Purchase 64 oz. of Gatorade (**WHITE, YELLOW OR GREEN ONLY**) optional, may use water.

THE DAY ***BEFORE*** YOUR COLONOSCOPY:

- No solid food allowed for the entire day. You will be on a clear liquid diet.
- **DO NOT** drink anything **RED, ORANGE** or **PURPLE**.
- Drink clear liquids all day long, drinking enough to keep your stomach full.
 - Approved liquids are as follows: black coffee or tea-no milk or cream, white grape juice, apple juice, cider, Gatorade, clear broth or bouillon, ice tea, lemonade, plain Jell-O (no red, blue or purple)
- In the morning, mix 238gm of Miralax (Polyethylene Glycol) with 64 oz. of Gatorade or water, shake well and refrigerate.
- **3 pm-** take 2 Dulcolax (Bisacodyl) tablets with water.
- **5 pm-** start drinking the Miralax solution (previously prepared and refrigerated). Drink at least one 8 oz. glass every 10 minutes until solution is finished.

THE DAY OF YOUR COLONOSCOPY:

- Clear liquids only
- **NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR PROCEDURE TIME**
- **Do not wear contact lenses**

IMPORTANT NOTES: Take your blood pressure and heart medications as you usually do. Take your medications an hour before or an hour after drinking the preparation. If you are taking **Coumadin, Plavix or any other blood thinner or insulin** and haven't been given instructions please call the office.

