



General Surgery Colonoscopy Preparation 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 – or you may use water.

THE DAY **BEFORE** YOUR COLONOSCOPY:

- No solid food after 9:00am. After 9:00am 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, white grape juice, Apple juice, Cider, Gatorade, Broth or Bouillon, Ice Tea, Lemonade, Plain Jell-O
- 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 FOUR HOURS PRIOR TO YOUR PROCEDURE TIME**

IMPORTANT NOTES: Take your blood pressure and heart medications as you usually do. Take you 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.



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