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.