

STANDARD COLONOSCOPY PREPARATION INSTRUCTIONS

A. ITEMS TO PURCHASE FOR YOUR COLONOSCOPY

1. 1 bottle of magnesium citrate - over the counter
2. 1 - 238 gram bottle of Miralax - over the counter (generic is okay)
3. 4 Dulcolax (or generic Bisacodyl) laxative tablets NOT stool softener over the counter
4. 64 oz. of Gatorade or G2 Gatorade - NOT red or purple
5. 1 Omeprazole tablet - Script called to:

B. 5 DAYS PRIOR:

Avoid eating Nuts, Corn, Seeds, Popcorn, Coconut, Mushrooms or Bean sprouts. Otherwise continue to eat a regular diet

C. 2 DAYS PRIOR:

_____ **7:00 PM** - Drink the bottle of Magnesium Citrate

D. 1 DAY PRIOR:

Low residue diet until 10:00 am - see attached list of foods

_____ **10:00 AM** - Clear liquids only until 3 hours prior to your procedure

_____ **11:00 AM** - Swallow 2 of the Dulcolax (Bisacodyl) tablets - mix 238 grams of Miralax with 64 ounces of Gatorade - may be refrigerated

_____ **5:00 PM** - Start to drink the Miralax/Gatorade solution. Drink an 8 ounce glass every 20 minutes until you have finished drinking 5 - 8 ounces glasses. If you become bloated or nauseated stop for 1/2 - 1 hours and then resume drinking.

_____ **7:00 PM** - Swallow the remaining 2 Dulcolax (Bisacodyl) tablets - Continue to drink as many clear liquids as possible to prevent dehydration

NO SMOKING OR ANY TYPE OF TOBACCO PRODUCTS AFTER MIDNIGHT.

E. DAY OF PROCEDURE:

_____ - **4 HOURS PRIOR** - Chew the 2 Simethicone tablets you were given with your instructions then finish drinking the remaining 3 glasses of the Gatorade/Miralax solution - **AS SOON AS YOU FINISH DRINKING THE SOLUTION, SWALLOW THE OMEPRAZOLE TABLET**

_____ - **3 HOURS PRIOR** - **NOTHING AT ALL BY MOUTH UNTIL AFTER YOUR PROCEDURE** - This includes water, gum and hard candies

REVIEW THE PROVIDED PATIENT RIGHTS AND RESPONSIBILITIES

NOT FOLLOWING THESE INSTRUCTIONS WILL CAUSE YOUR PROCEDURE TO BE CANCELLED

REMEMBER...POOR PREP = REPEAT COLONOSCOPY

LOW RESIDUE DIET - BREAKFAST ONLY UNTIL 10:00 AM THE DAY BEFORE YOUR PROCEDURE

- Milk
- Boiled, baked or mashed potatoes (without the skin)
- Eggs (poached or boiled)
- White bread
- Applesauce
- Ripe bananas
- Chicken noodle soup
- Coffee with creamer
- Ensure
- Any of the clear liquids listed below

CLEAR LIQUID DIET ALL DAY UNTIL ___ ON THE DAY OF YOUR PROCEDURE

- Clear strained fruit juices (apple, white grape, white cranberry, lemonade)
- Clear broth or bouillon
- Jell-O
- Coffee (black)
- Gatorade
- Ice Popsicles
- Italian ice
- Tea (plain)
- Kool-Aid
- Clear sodas (7-up, Sprite or Ginger Ale)

NONE OF THESE PRODUCTS MAY BE COLORED RED OR PURPLE. ALCOHOLIC BEVERAGES ARE NOT CONSIDERED A CLEAR LIQUID

MEDICATIONS

- STOP ALL: dietary supplements, vitamins and herbal medications 2 weeks prior to your procedure. STOP ALL IRON 3 DAYS PRIOR TO YOUR PROCEDURE.

- Take all of your prescribed medications as you normally do up until the day of your procedure with the exception of:

- Effient
- Pradaxa
- Eliquis
- Plavix
- Aggrenox
- Xarelto
- Coumadin

- If you take Coumadin/Warfarin, you must have a Protime/INR drawn at UPMC Carlisle on: _____ .

- The morning of your procedure take all other prescribed medications that you normally take in the morning (with a small sip of water) except the following:

- Medication 1
- Medication 2
- **REMEMBER TO TAKE THE OMEPRAZOLE 20 MG AS SOON AS YOU FINISH DRINKING THE MIRALAX SOLUTION.**

- Bring all inhalers with you the day of your procedure.

IF YOU ARE DIABETIC

Insulin Dependent Diabetics: Take ½ of your normal evening dose of insulin the evening prior to your procedure

DO NOT TAKE ANY ORAL OR INJECTABLE DIABETIC MEDS THE MORNING OF YOUR PROCEDURE.-