

## Your Procedure:

You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy.

**Procedure Date:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_ **Procedure Time:** \_\_\_\_\_

**YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY.**

1 Week Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>▶ <b>Purchase</b> the following:</p> <ul style="list-style-type: none"> <li>-Miralax, 238 g bottle</li> <li>-Dulcolax laxative, 4 tablets (no prescription needed)</li> <li>-Gatorade or Crystal Light. 64 oz (no red or purple)</li> </ul> <p>Other _____</p> <p>▶ <b>Optional</b> – for sore bottom:</p> <ul style="list-style-type: none"> <li>-Plain or Aloe Baby Wipes</li> <li>-Desitin or A&amp;D ointment</li> </ul> <p>▶ <b>Arrange</b> for a responsible adult to stay with you during the procedure and take you home post-procedure.</p> <p>▶ If you take fiber supplements or medications containing iron <u>discontinue</u> those <b>7 days</b> before your appointment. This includes multi-vitamins with iron.</p> <p>▶ You may <u>continue</u> your “baby” aspirin and regular aspirin. Let us know if you are on Plavix, coumadin, or other blood thinners.</p> <p>▶ If you have <u>diabetes</u> you have been given a Diabetic Prep Sheet.</p> <p>▶ Stop taking these medications:</p> <p>_____</p> <p>_____</p>	<p>▶ <b>Begin low fiber diet.</b> See handout for details.</p> <p>▶ Stop consuming all high-fiber foods.</p> <p>▶ <b>Last chance to cancel appointment.</b> Call your physician’s office at the number below if you need to reschedule your procedure or if you have any questions:</p> <p>_____</p>	<p>▶ Continue low fiber diet.</p> <p>▶ Drink at least 4 large glasses of water throughout the day.</p> <div data-bbox="884 857 1050 911" data-label="Image">  </div> <p><b>No solid foods after midnight!</b></p>	<p>▶ <b>Begin clear liquid diet.</b></p> <p><b>See clear liquid choice handout for suggestions and recipes!</b></p> <p>▶ Drink at least 4 large glasses of water throughout the day.</p> <div data-bbox="1234 857 1400 911" data-label="Image">  </div> <p>Other _____</p> <p>▶ <b>4pm:</b> Take the 4 Dulcolax laxative tablets with 8 oz water. Mix the entire bottle of Miralax with 64 oz of Gatorade or Crystal Light and refrigerate.</p> <p>▶ <b>6pm:</b> Drink 8 oz of solution and continue drinking an 8 oz glass of solution every 15 minutes until ½ of the Miralax solution is finished.</p> <p><b>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</b></p>	<p><b><u>2<sup>nd</sup> Part of Split Prep</u></b></p> <p>▶ <b>5-6 hours before your procedure:</b> Drink 8 oz of prep solution every 15 minutes until the 2<sup>nd</sup> half of the solution is finished. <b>(NOTE: This should be completed at least 4 hours prior to your procedure.)</b></p> <p>▶ <b>After your prep, the results should appear <u>clear</u> yellow or <u>clear</u> green liquid with <u>no</u> solid matter.</b> If not, please call your doctor at the office or medical exchange.</p> <p>▶ <b>NOTHING</b> by mouth within 4 hours of scheduled procedure time – including gum, hard candy/mints &amp; <b>NO</b> smoking tobacco, marijuana, or use of e-cigarettes the day of your procedure.</p> <p>▶ You may take your essential morning medications <b>with 4 tablespoons (2 oz) of water, 2-4 hours prior to your procedure</b>, unless otherwise directed by your physician.</p> <p>▶ <b>Be sure to bring the following:</b></p> <ul style="list-style-type: none"> <li>-Responsible adult driver to stay with you and drive you home. Your procedure will not start without your driver present.</li> <li>-Insurance Cards</li> <li>-Driver’s License/Photo ID</li> <li>-Any co-insurance fees due</li> </ul>