

STANDARD COLONOSCOPY PREPARATION INSTRUCTIONS

A. Items to purchase for your Colonoscopy: Everything is available over the counter

1. ____ 10oz bottle(s) of **Magnesium Citrate** (okay to refrigerate)
2. ____ 238gram bottle(s) of **MiraLax** and (if directed by your provider) ____ 119gram bottle of **MiraLax**
3. (4) **Bisacodyl**(Dulcolax) tablets(**laxative not stool softener**)
4. 1-64 oz or 2-32 oz bottles of **Gatorade** (Diabetic patients purchase G2 Gatorade)**NOT COLORED RED OR PURPLE**

B. Starting 5 days before procedure: ____ **Please avoid** eating Nuts, Corn, Seeds, Popcorn, Coconut, Mushrooms, and Bean sprouts. You may continue to eat a regular diet otherwise.

C. If recommended by your provider: Starting 6 days before your procedure (using the 119gram bottle of Miralax): ____ Take one capful of Miralax in a glass of liquid daily.

D. Two days before procedure: ____ **At 7:00 pm** drink one bottle of Magnesium Citrate

E. The day before the procedure: ____ .

1. You may have a low residue diet for breakfast-then **clear liquids ONLY from 10am on.** (A list of low residue foods and clear liquids are on the next page)
2. **11:00am:** Take 2 of the Bisacodyl tablets with an 8oz glass of water. Mix the entire 238gram bottle of Miralax with all of the Gatorade in a pitcher stir until the Miralax is completely dissolved. (this can be stored in the refrigerator, as it is easier to drink cold)
3. **5:00pm:** Drink 5-8oz glasses of the Gatorade/Miralax solution (1 glass every 20 minutes). If you become nauseated, take a break for about 30 minutes and then finish drinking the solution.
4. **7:00pm:** Take the other 2 Bisacodyl tablets with 8oz water. Continue to drink as much clear liquids as possible to prevent dehydration.

F. The day of the procedure: ____ .

1. AT ____ (4 hours prior to procedure) **Chew the 2 Simethicone tablets that you were given with your instructions.** Then **immediately finish drinking the remaining 3 glasses of the Gatorade/Miralax solution** (1 glass every 20 minutes). If you are scheduled for an early AM procedure you will need to set an alarm to assure the prep is taken at the correct time. We are very sorry for the inconvenience but the two stage prep provides the most optimal cleansing of the colon. This type of preparation prevents the need for repeat colonoscopy because of poor preparation as well as decreasing the likelihood that polyps or cancers will be missed due to poor quality of the preparation.
2. **NOTHING BY MOUTH AFTER: _____(3 hours prior).**

This includes water, gum, and hard candies. No chewing of tobacco. No smoking the day of the procedure. Not following these instructions will cause your procedure to be cancelled!

3. Please review the provided patient rights and responsibilities.

**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 SHOULD BE COLORED RED OR PURPLE.
ALCOHOLIC BEVERAGES ARE NOT CONSIDERED A CLEAR LIQUID.

MEDICATIONS

- Stop all multiple vitamins and iron 3 days prior to your procedure.
- Take all of your medications as you normally do up until the day of your procedure with the exception of:

You will be instructed on how to take blood thinners

- If you take Coumadin/Warfarin, you must have a Protime/INR drawn at Carlisle Hospital on: _____ .
- The morning of your procedure hold all medications except the following:
 - Medication 1
 - Medication 2
- 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.