



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>► Purchase the following: -Miralax, 238 g bottle -Dulcolax laxative, 4 tablets (no prescription needed) -Gatorade or Crystal Light, 64 oz (no red or purple) Other _____</p> <p>► Optional – for sore bottom: -Plain or Aloe Baby Wipes -Desitin or A&D ointment</p> <p>► Arrange 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 discontinue those 7 days before your appointment. This includes multi-vitamins with iron.</p> <p>► You may continue your “baby” aspirin and regular aspirin. Let us know if you are on Plavix, coumadin, or other blood thinners.</p> <p>► If you have diabetes you have been given a Diabetic Prep Sheet.</p> <p>► Stop taking these medications: _____ _____</p> | <p>► Begin low fiber diet. See handout for details.</p> <p>► Stop consuming all high-fiber foods.</p> <p>► Last chance to cancel appointment. Call your physician’s office at the number below if you need to reschedule your procedure or if you have any questions: _____</p> | <p>► Continue low fiber diet.</p> <p>► Drink at least 4 large glasses of water throughout the day.</p> <div style="text-align: center;">  </div> <p style="text-align: center;">No solid foods after midnight!</p> | <p>► Begin clear liquid diet.</p> <p>See clear liquid choice handout for suggestions and recipes!</p> <p>► Drink at least 4 large glasses of water throughout the day.</p> <div style="text-align: center;">  </div> <p>Other _____</p> <p>► 4pm: 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>► 6pm: Drink 8 oz of solution and continue drinking an 8 oz glass of solution every 15 minutes until solution is finished.</p> <p>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</p> | <p style="text-align: center;">ALERT</p> <p>► After your prep, the results should appear clear yellow or clear green liquid with <u>no</u> solid matter. If not, please call your doctor at the office or medical exchange.</p> <p>► NOTHING by mouth at least 4 hours prior to your scheduled procedure time – including gum, tobacco, hard candy/mints!</p> <p>► You may take your essential morning medications with a few small sips of water, at least 4 hours prior to your procedure, unless otherwise directed by your physician.</p> <p>► Be sure to bring the following:</p> <ul style="list-style-type: none"> -Responsible adult driver to stay with you and drive you home. Your procedure will not start without your driver present. -Insurance Cards -Driver’s License/Photo ID -Any co-insurance fees due |