

COLONOSCOPY INSTRUCTIONS—MIRALAX & GATORADE/CRYSTAL LIGHT

_____ has been scheduled for a colonoscopy at _____
on _____ the _____ of _____ at _____ AM / PM.

- 1) COME _____ hr(s) prior to your scheduled procedure time .
- 2) Bring a driver. You WILL NOT be allowed to drive home or work the rest of the day.
- 3) Hold Aspirin or aspirin products for 1 week prior to your procedure. (AVOID: Advil, Aleve, Motrin, Ibuprofen, Alka-Seltzer, Fish oil, and Excedrin. You MAY TAKE Tylenol products.)
- 4) If you take:
 - COUMADIN or WARFARIN – you may be asked to hold this for 4 days prior to your procedure.
 - PLAVIX - hold this for 7 days prior to your procedure.
 - IRON or IRON SUPPLEMENTS- hold for 7 days prior, as they can slow cleaning process of laxatives.

AVOID FOODS WITH SEEDS, CORN, OR NUT PRODUCTS FOR 1 WEEK PRIOR TO YOUR PROCEDURE!

- 5) Meds to BE taken the morning of your test with a small sip or water between 6-7 am are **BP/Heart/Respiratory/Seizure/Parkinson's meds.**
- 6) **Diabetics: INSULIN Dependent-** take only ½ your usual dose that morning. TABLETS are to be held, until after your procedure. (it's ok to use SUGAR in popsicles & jello to prevent low BS while prepping)
- 7) pick up your **PREP at your drug store.** Also pick up 64 oz of Gatorade at the supermarket.
- 8) **THE WHOLE DAY BEFORE-** you are to be on **CLEAR LIQUIDS ONLY!** This includes juice, broth, Jell-O, tea, black coffee, Popsicles, as well as anything else you can hold up to a light and see through. YOU CAN USE sugar/sweetener but NO CREAMER in your coffee. **NOTHING RED/PURPLE** as it can give a false impression of bleeding.
- 9) **DO NOT HAVE ANYTHING BY MOUTH AFTER MIDNIGHT; this includes Smoking, Snuff, & gum.**

****** If you are scheduled before 10 am-** you will start your prep at **6pm** the day before. With your glass of **Magnesium Citrate**, you should mix it with 8 oz of clear liquid. Then mix the **ENTIRE BOTTLE** of **MIRALAX** in 64 oz of Gatorade or Crystal light and drink an 8 oz glass every 20-30 minutes until completed. You **SHOULD** drink plenty of liquids along with this up until bed time.

****** If you are scheduled after 10am-** you will start your prep at **6pm**, taking the bottle of Magnesium Citrate and then drinking ½ of your Miralax. At **6am** the next morning, you will drink the rest of your prep finishing by **8am.**

Please leave your jewelry at home. DO NOT wear any makeup or nail polish.

If you should have any questions, please call the office at **(740)968-7147.** after hours; CALL the Answering Service at **(740) 671-7324.**

IF CANCELLATION IS NECESSARY, WE REQUIRE 48 HOURS NOTIFICATION OR ELSE WE RESERVE THE RIGHT TO BILL YOU.