

Colonoscopy Instructions:

Purchase for your colonoscopy prep: 1. Four Dulcolax laxative tablets, 2. Miralax—238 gram bottle, and 3. Gatorade—64 oz. bottle OR a 64 oz. bottle of the clear liquid of your choice. This prep is OVER THE COUNTER. No prescription is needed.

You will start a clear liquid diet the day before the colonoscopy. Clear liquids only from the time you wake up.

Guide to clear liquid diet: No red, purple, orange, or blue liquids. Nothing dark like Coke or coffee. No milk or dairy products. No solid or soft foods. No crackers. No noodles.

You CAN have: fat free beef and chicken broth, tea, carbonated drinks such as Sprite or Mountain Dew, fruit juice with NO pulp, yellow or green Jell-O—original Jell-O only, not pudding, yellow or green Gatorade. A clear liquid drink is any drink you can see through that does NOT contain red, purple, orange, or blue colors. If you are scheduled for a **morning** colonoscopy, stop clear liquids at midnight before the colonoscopy. If you are scheduled for an afternoon colonoscopy, stop clear liquids at 9:00 a.m. on the day you will have the colonoscopy.

One day before the procedure 1. Clear liquid diet begins as soon as you wake up. 2. At 3:00 p.m. take four Dulcolax laxative tablets. 3. At 5:00 p.m. mix all 238 grams of Miralax in 64 oz. of Gatorade and shake until dissolved. Then drink 8 oz. every 15 minutes until it is all gone. (Hint: you may mix Miralax and Gatorade in the morning and put it in refrigerator if you prefer your drink cold. Do NOT mix it earlier than the day before your colonoscopy). 4. Continue clear liquids until bedtime.

Medication on the day of the colonoscopy: Do take your morning medications on the day of the colonoscopy. Postpone insulin injections until after the colonoscopy.

Day of the procedure:

If you have a **morning** colonoscopy: 1. No food until after the procedure. 2. Nothing by mouth after midnight. 3. Take morning medications with just a sip of water. Postpone insulin injections until after the procedure.

If you have an afternoon colonoscopy: 1. No food until after the procedure. 2. Nothing by mouth after 9:00 a.m. 3. Take morning medications before 9:00 a.m. Postpone insulin injections until after the procedure.

Important information about blood thinners: If you are on any of the following drugs, you must have permission to stop the drug from the physician who prescribed the drugs.

Stop 7 days before colonoscopy:

1. Coumadin (Warfarin)
2. Effient (Prasugrel)

Stop 5 days before colonoscopy:

1. Plavix (Clopidogrel)
2. Brilanta (Ticagrelor)

READ CAREFULLY

Stop 4 days before colonoscopy:

1. Agrenox

Stop 24 hours before colonoscopy:

1. Pradaxa (Dabigatran)
2. Xarelto (Rivaroxaban)

Stop 48 hours before colonoscopy:

1. Eliquis (Apixaban)

Do NOT stop aspirin. Do NOT stop non-steroidal anti-inflammatory medications such as Aleve, Motrin, Mobic, Celebrex, Advil, etc. Notify the office if you are being treated with insulin or oral agents for diabetes mellitus. Any other medicines should be taken the morning of the procedure with a small sip of water. Tylenol and other brands of Acetaminophen are safe to consume before the procedure. Discontinue medications containing iron two days before colonoscopy. Notify the office if you have a defibrillator. You cannot drive after the procedure. You must be accompanied by a responsible adult. You should not plan to work on the day of the procedure. To avoid a \$50 no show fee, please cancel or reschedule at least 24 hours in advance.