

GJ GASTROENTEROLOGY COLONOSCOPY PREP INSTRUCTIONS

Colonoscopy is an examination of the colon (large bowel) with a flexible lighted tube about the size of your ring finger which transmits a live color image onto a television screen. A good bowel prep is **essential** for an accurate and successful procedure. These instructions will help maximize the ease, safety and success of your preparation.

One Week Before Colonoscopy

- For those with an artificial heart valve, pacemaker, an internal defibrillator, or those taking Coumadin, Wafarin, or Plavix, please consult with your physician regarding specific instructions.
- **Purchase at the pharmacy or grocery store:**
 - o Miralax OTC one 238 gram bottle (or generic equivalent)
 - o Dulcolax tablets (2 tablets, may also use generic Bisacodyl tablets)
 - o Gatorade or G2, one 64 oz bottle– no red/purple (diabetics may use Propel Fitness Water)
 - o Clear liquids of choice (fruit juices without pulp i.e. apple, white grape, water, clear broth bouillon, coffee without cream, soft drinks/soda, jell-o, popsicles – nothing red/purple).

Three Days Before Colonoscopy

- Do not eat popcorn, seeds, nuts, multigrain bread, salad, corn, cheese, or high-fiber foods for the three days before the procedure. This makes the bowel prep easier and cleaner.

One Day Before Colonoscopy

- If you are diabetic, take ½ your regular insulin dose the day before and morning of the procedure. Hold oral glucose medication the morning of the procedure.

Preparing for your Colonoscopy:

- Clear Liquids all day on the day before the procedure. **No solid food.**
- Mix the 238 grams of Miralax powder with 64 oz of Gatorade. Refrigerate.
- The evening prior to the procedure, between 4:00-6:00 pm, take 2 Dulcolax tablets with a full glass of water.
- At 6:00 pm, drink one 8 oz glass of the of the 64oz Miralax/Gatorade mix. Repeat every 15 minutes until you have finished **half** or 32 oz of the 64 oz mix (about 1 hour). Refrigerate remaining 32 oz of mixture.
- The morning of your procedure, 5 hours before your colonoscopy, drink one 8oz glass of the remaining 1 liter/32 oz Miralax/Gatorade mix. Repeat every 15 minutes until the entire 1 liter/32 oz mix is finished (about one hour)

>> If you have a very early procedure or are driving a long distance, the two doses of Miralax may be completed the night before (over a 3-4 hour period), but please be aware that **the best bowel preps are achieved by splitting the doses into the night before and morning of the procedure.** The more time that elapses between when you finish your bowel prep and when you have the colonoscopy, the worse your bowel prep may be.

>>If your procedure is scheduled for 1:00 PM or later, you may have a light breakfast the day prior to the procedure and then clear liquids up until 3 hours prior to the procedure.

Day of Procedure

- **Nothing by mouth within 3 hours of your procedure or it may be canceled.**

- Heart, blood pressure or seizure medication may be taken with small sips of water, up to two hours prior to the procedure.
- You must have a responsible adult drive you to and from the center and we ask that you have a responsible adult at home with you after the procedure.