

Colonoscopy Preparation 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 or an internal defibrillator, are taking Coumadin, Wafarin, or Plavix, or if you have had a joint replacement within the past 6 months, please consult with your physician regarding specific instructions.
- **Purchase at the Pharmacy:**
 - **Miralax OTC** (two 119g bottles)
 - **Bisacodyl** (two 5 mg tablets)
 - **Gatorade/G2** (two 32 oz bottle – **no red/purple**) OR **Electro Mix** (2 packets - mixed with 64 ounces of water)
 - **Clear liquids** of choice (fruit juices without pulp i.e. apple, white grape, water, clear broth bouillion, coffee without cream, lemon-lime soft drinks, jell-o, popsicles – **nothing red/purple**).

Three (3) Days Before Colonoscopy:

- Do not eat Popcorn, seeds, nuts, multigrain bread, salad, cheese, or high-fiber foods for the three days before the procedure.

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:

- Light Breakfast day before procedure (before 10:00am) - see attached sheet of approved items.
- Clear Liquids after **10:00am** on the day before the procedure. **No solid food after 10:00am.**
- Mix each of the 119g bottles of Miralax powder per 32oz of Gatorade or Electro Mix. Refrigerate.
- The afternoon prior to the procedure at ~ **4:00 pm**, take the two bisacodyl tablets with a glass of water.
- **At 6:00 pm**, drink 32oz of the Miralax mix. Drink one 8oz glass of the 1 liter/32oz Miralax mix every 15 minutes until the entire 1 liter/32oz mix is finished (about 1 hour)
- The morning of your procedure **four hours before your colonoscopy**, complete the second 32oz of the Miralax mix. Drink one 8oz glass of the 1 liter/32oz miralax mix every 15 minutes until the entire 1 liter/32oz mix is finished (about one hour)
- **Please nothing by mouth within 3 hours of your procedure or it may be canceled.**

Day of Procedure:

- Heart, blood pressure or seizure medication may be taken as usual early the morning of your procedure with small sips of water.
- **You must be accompanied by a friend or relative to drive you home or your procedure will be cancelled.** You may not go home alone by taxi or bus.

TIPS:

- Some bloating and cramping is normal and will improve once diarrhea begins. If you develop nausea or vomiting, take about an hour break from drinking the solution before resuming.
- To help avoid dehydration, drink at least 64oz of clear liquids before starting bowel prep.
- To help decrease perianal irritation, consider using wet wipes and barrier cream (eg. A&D, Desitin, or Vaseline) as needed.

For questions please call (970)926-6340 and ask to speak with Dr. Laird's scheduler