



Chris Stuart, MD Greg Frane, MD Joel Sagedahl, MD Jonathan Tallman, MD
Appt. Date _____ Appt. Time _____

COLONOSCOPY PREP
(Miralax, Dulcolax, and Gatorade)

*****YOU MUST ARRANGE FOR A DRIVER TO BE PRESENT DURING THE PROCEDURE. IF NO DRIVER IS PRESENT, THE PROCEDURE WILL BE RESCHEDULED OR NO MEDICATION WILL BE GIVEN*****

What you will need to purchase:

- * 4 Bisacodyl tablets (Dulcolax)
- * 1 bottle of powdered Miralax 8.3oz (238 grams)
- * 64oz bottle of Gatorade NO RED or PURPLE
 - * Regular Gatorade, Gatorade G2 or Propel is acceptable
 - * Do not use powdered Gatorade mix
 - * Diabetic patients please use Gatorade G2 or PowerAde Zero

Medications:

- * Tylenol is OK to take
- * Do NOT take Aspirin for one week prior to the procedure.
- * Do NOT take Ibuprofen, Advil, Celebrex, Naproxen, Meloxicam or other anti-inflammatory medications, Iron pills, or vitamins containing iron for 5 days before the procedure.
- * If you are taking any anticoagulant medication: Coumadin, Jantoven, Plavix (Clopidogrel), Effient (Prasugrel), Brilinta (Ticagrelor) Elquis (Apixaban), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), or Savaysa (Edoxaban) contact the physician who is performing your procedure for instructions at least 7 days prior to your procedure.
- * On the day of the Colonoscopy only take heart, blood pressure, and anti-convulsant medications as you normally would.
- * Diabetics should take $\frac{1}{2}$ your typical dose of your Diabetic medication the day before the Colonoscopy and hold the medication the day of the Colonoscopy. Check your blood sugars before coming into the office if you monitor your levels normally at home.

3 Days before your Colonoscopy:

- * Begin a low fiber diet. NO raw fruit or vegetables (cooked fruits or vegetables are ok). NO whole wheat or high fiber foods. No nuts, popcorn, bran, or bulking agents.
- * Drink at least 8 – 8-ounce glasses of water throughout the day.

2 Days before your Colonoscopy:



*Drink at least 8 - 8-ounce glasses of water throughout the day. Eat a light evening meal.

*NO SOLID FOODS AFTER MIDNIGHT

The day before your Colonoscopy:

You have two options to prepare for your procedure.

Option A: - Split prep half the evening before and half the morning of your procedure

Option B: - The entire prep the evening before.

Option A -

*Begin a clear liquid diet. NO RED or PURPLE liquids. Water, clear broth or bouillon, coffee or tea without creamer or milk, Gatorade, Pedialyte, clear carbonated drinks, Kool-Aid, jello, clear fruit juices, popsicles and hard candy is ok to have if they are NOT RED or PURPLE.

*Around 12:00pm take the 4 Dulcolax tablets with 8oz of water. Do NOT chew or crush the pills.

*Mix the whole bottle of Miralax with the 64 ounces of Gatorade and place in the Refrigerator

*At 6:00pm separate the Gatorade/Miralax into 2 portions of 32 ounces each. You will take 32 ounces at night and the remaining 32 ounces in the morning.

*Drink 8-ounce glasses of this mix every 10-15 minutes until it is gone. If you become nauseous you may take a break until the nausea improves. Then continue drinking the Gatorade/Miralax mix until it is gone.

*After completely drinking the Gatorade/Miralax mix you should try to drink an additional 64oz of water or clear liquid (described above)

The day of your Colonoscopy:

*4 hours before the procedure drink the remaining 32 ounces of the Gatorade/Miralax mixture in 8-ounce glasses every 10-15 min until it is gone. Complete the mixture 2 hours prior to your procedure. If you become nauseous you may take a break until the nausea improves. Then continue drinking the Gatorade/Miralax mix until it is gone.

*Only drink water on the day of the exam (no solid food).

*DO NOT drink anything 2 hours before the Colonoscopy is performed.

* Ok to wear a short-sleeved shirt during the procedure.

Option B-

*Begin a clear liquid diet. NO RED or PURPLE liquids. Water, clear broth or bouillon, coffee or tea without creamer or milk, Gatorade, Pedialyte, clear carbonated drinks, Kool-Aid, jello, clear fruit juices, popsicles and hard candy is ok to have if they are NOT RED or PURPLE.



- *Around 12:00pm take the 4 Dulcolax tablets with 8oz of water. Do NOT chew or crush the pills.
- *Mix the whole bottle of Miralax with the 64 ounces of Gatorade and place in the Refrigerator
- *Between 4:00 and 6:00 pm begin drinking 8-ounce glasses of this mix every 10-15 minutes until it is gone. If you become nauseous you may take a break until the nausea improves. Then continue drinking the Gatorade/Miralax mix until it is gone.
- *After completely drinking the Gatorade/Miralax mix you should try to drink an additional 64oz of water or clear liquid (described above)

Now that you are scheduled for a diagnostic or screening Colonoscopy, it is very important that **you**, the patient, contact your insurance company and ask what your coverage will be for the scheduled procedure.

There are circumstances when a **screening** Colonoscopy may become a **diagnostic** Colonoscopy during the procedure. These circumstances could be but are not limited to the following: a biopsy is taken out, or a polyp is removed. We encourage you to contact your insurance company and discuss both procedures, so that you are aware of your financial responsibility for the service that is performed.

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