



COLONOSCOPY PREPARATION

(Miralax)

Your procedure is scheduled with Dr.

_____ on:
Day _____ Date _____ Check in Time
_____AM/PM

Procedure Time

_____AM/PM

At the following location:

Digestive Health Center, 5250 Kietzke Lane, Reno, NV, 89511 (775) 829-8855

- ❖ Please arrange for transportation home - your procedure will not be performed if you do not have an adult accompanying you from the Endoscopy Center. You cannot walk, take a taxi, or a bus home by yourself. Due to the nature of the sedation, you cannot drive, operate mechanical equipment or drink alcohol on the day of your procedure.
- ❖ Plan to be at the center for approximately 2 ½ hours.
- ❖ If your driver does not plan to stay at the center, they must be available by phone and should be no further than 20 minutes away. Procedures scheduled after 2:00 pm, drivers are requested to stay at the center to expedite patient discharge home.
- ❖ Only one person is allowed in the recovery area at a time. No food, drinks, cell phones, or children are permitted in the admitting or recovery area.
- ❖ Miralax/Gatorade preparation to be purchased at the local pharmacy. You will need to purchase 1 bottle of Miralax (238 gm Polyethylene Glycol), 1 bottle (64 oz) or 2 (32 oz) bottles of Gatorade (no red or purple) and 4 BISACODYL/Dulcolax® tablets.

Before your examination, continue to take your normal prescription medication(s). **Please inform your nurse if you are taking any blood thinning medications such as Coumadin/Warfarin/Pradaxa, Aspirin, Plavix, or diabetic medications for additional instructions.**

7 DAYS BEFORE YOUR PROCEDURE: STOP Aspirin/Aspirin products, anti-inflammatories (examples: Aleve, Advil, Motrin) Fish Oil, Iron Supplements, Alli® (Unless otherwise directed)

4 DAYS BEFORE YOUR PROCEDURE: Avoid high fiber foods from now until after your procedure. No salads, raw vegetables, nuts, seeds, popcorn, beans, peas, corn, whole wheat. **Suggested foods:** Chicken/Turkey, pasta, potatoes without skin, white rice, and white bread. **This is not a strict diet and these foods are not mandatory for the prep, only recommendations.**

1 DAY BEFORE YOUR PROCEDURE: No solid foods this day. Follow the preparation instructions on the back.

DAY OF PROCEDURE: Do not eat anything. Do not take anything by mouth 2 hours prior to your procedure. This includes water, gum and hard candy/mints. Do not use chewing tobacco products. Please wear comfortable clothes. Bring your insurance card, picture ID and required payment for

your Co-pay/Deductible. Please leave valuables at home. Please have current medications documented on the DHC Patient Medication Reconciliation Form provided to you. This form is required by the center.

TURN SHEET OVER FOR DETAILED PREPARATION INSTRUCTIONS

ONE (1) DAY BEFORE YOUR PROCEDURE (ALL DAY)

NO SOLID FOODS/MILK or JUICES WITH PULP PRODUCTS ALLOWED THIS DAY

You are to drink a clear liquid diet throughout the day!

If you are diabetic, take only HALF of your usual dose of diabetes medications.

Do not take any supplements this day.

DRINK ONLY CLEAR LIQUIDS STARTING FROM THE TIME YOU WAKE UP! Clear liquids

include:

Water	Soft Drinks (no red/purple)	Gatorade (no red/purple)	
	Bouillon	Popsicles (no red/purple)	Jell-
O (no red/purple)		Clear Fruit Juices (no pulp)	Black
Coffee/Tea (1-2 cups, no creamer, sugar OK)			

Instructions for Morning Procedure Between 7:00 am - 11:30am

Day before procedure

3:00 pm Take 2 bisacodyl/Dulcolax® tablets.

5:00 pm Mix bottle of Miralax with the Gatorade; drink 8 ounces every 30 minutes until gone

8:00 pm Take 2 bisacodyl/Dulcolax® tablets and continue clear liquid diet until 2 hours before your procedure

Instructions for afternoon Procedure Between 12:00 noon - 3:00 pm

Day before procedure

7:00 pm Take 2 bisacodyl/Dulcolax® tablets

8:00 pm Mix bottle of Miralax with the Gatorade; drink 8 ounces every 30 minutes until ½ of the solution is consumed

Day of Procedure

7:00 am Take 2 bisacodyl/Dulcolax® tablets

8:00 am Finish the Miralax/Gatorade solution and continue clear liquid diet until 2 hours before your procedure

THE DAY OF YOUR COLONOSCOPY

DO NOT EAT ANYTHING. DO NOT DRINK OR USE ANY SALIVA PRODUCING PRODUCTS INCLUDING: WATER, HARD CANDY, GUM, OR CHEWING TOBACCO DURING THE TWO (2) HOURS PRIOR TO YOUR PROCEDURE. YOUR PROCEDURE MAY BE DELAYED OR CANCELLED IF YOU DON'T FOLLOW THESE INSTRUCTIONS. SEE MEDICATION FAQ'S ABOUT WHAT MEDICATIONS TO TAKE THE DAY OF YOUR PROCEDURE.

IF ORAL ANTIBIOTICS ARE PRESCRIBED BY YOUR PHYSICIAN, THE PILLS MUST BE TAKEN TWO HOURS PRIOR TO PROCEDURE TIME WITH SIPS OF WATER.