

(Patient Sticker)

You have an appointment for a colonoscopy with Dr. _____

on (Day, Date) _____ Please arrive by: _____

Location: _____

Preparing for Your Colonoscopy

Gatorade Preparation Method

Follow all instructions as indicated, or adjusted, by your doctor.

1 WEEK before your colonoscopy

- Please call us to let us know if you need to cancel or rebook at least 72 hours (three days) before your appointment.
- You may need to stop taking the following medications. Ask the doctor who prescribed them and let them know you are getting a colonoscopy.
 - Coumadin / warfarin At least 3-5 days before procedure
 - Plavix / clopidogrel 5-7 days before procedure
 - Pradaxa / dabigatran 2-4 days before procedure
 - Xarelto / rivaroxaban 1-2 days before procedure
 - Ticlid / ticlodipine 7-10 days before procedure

The doctor may have you take Lovenox or aspirin instead.

- **Purchase your preparation items** at your pharmacy at least two days before your colonoscopy. You must purchase:
 - One – 238 gm bottle of Miralax or 255gm bottle of Generic Brand. This is available without a prescription.
 - One – 64 oz bottle of Gatorade (any color except red, purple, or blue). If you are a diabetic, you must use Gatorade Performance G2
 - Two – 5 mg tablets of Dulcolax. This is available without a prescription.
 - One – bottle of Magnesium Citrate. This is available without a prescription.







2 DAYS before your colonoscopy

- **Have lots of clear liquids** to keep you hydrated and feeling full.
- **Do not consume** raw fruits and vegetables, whole wheat, and high-fiber foods.







- **Stop** all iron supplements. It's fine to take your multivitamin.
- **Arrange for a ride home** after the procedure. You will be sedated and unable to drive for the remainder of the day. We can't perform your colonoscopy unless you have someone with you to drive you home.

1 DAY before your colonoscopy

- **Do NOT consume any of the following:**

	Solid foods
	Diet or sugar-free products
	Red or purple juices, popsicles, etc. (dyes can interfere with the test)
	Alcohol
	Dairy products (any type of milk)
	Juices with pulp

- **Take all of your regular medications** (including aspirin), except those listed above or those your doctor has told not to take before the test.
- **Drink plenty of clear fluids with calories** all day, so your blood sugar does not get too low and you don't become dehydrated. Options:

	Gatorade or other sports drinks
	Black coffee or plain tea (sugar is OK, but no cream)
	Clear juices like apple, white grape or white cranberry
	Sodas such as ginger ale, Sprite, 7-Up, seltzer
	Popsicles or Jell-O
	Clear chicken bouillon

At 12 pm (noon)

- **Take the two 5 mg Dulcolax** by mouth with a clear liquid.

At 2 pm

- **Mix the bottle of Miralax into the Gatorade** at room temperature and shake well. You may then refrigerate it.
- **Drink one cup** (over ice if preferred) **every 30 minutes** from 2 pm until 8 pm until mix is finished.

At 8 pm

- **Drink the bottle of Magnesium Citrate** as directed on the bottle.
- **Continue to drink clear liquids** as needed.
- If you feel nauseated from the drinking so much so quickly, stop until the nausea subsides. Resume drinking as soon as possible.
- You will want to be near the bathroom. Consider using a soothing cream (such as Vaseline, A&D Ointment, or Desitin) to reduce irritation from frequent bowel movements.

- **The laxative will cause you to have very loose, watery stools.** That is the goal!
- **Take all of your regular medications** (including aspirin), except those listed above or others your doctor has told not to take before the test.
 - **For patients using insulin**, we recommend half of the usual dose of long acting-insulin the night before the procedure and no short-acting insulin on the day of the procedure.
 - **For oral diabetic medications**, do not take either the evening before or morning of the procedure.

THE DAY OF your colonoscopy

- **Do not have breakfast** of any kind.
- **Take all of your regular medications** (including aspirin) except those listed above or others your doctor has told you not to take before the test.
 - **For patients using insulin**, we recommend no short-acting insulin on the test day.
 - **For oral diabetic medications**, do not take any the morning of the procedure.
- **Don't take anything by mouth (including water, candy, gum), or we may have to cancel the test.** You may brush your teeth, but don't swallow any water.
- **Bring your pre-admission questionnaire** (if applicable) with you to your appointment.
- **You must have an adult driver (18 years or older)** since you will be sleepy from the sedating medications. The driver must be flexible as the test may run longer than expected. We can't perform your colonoscopy unless you have someone with you to drive you home.
- **The person driving you must check in** with you for confirmation and pick-up instructions.

AFTER your colonoscopy

- **You should not work** or schedule other appointments or meetings following your procedure.
- **You should not drive** for the remainder of the day.
- **Some cramping or bloating is normal.** You can expect to pass gas, which will help you feel better.
- **Generally, you can eat or drink regularly after your procedure**, but your doctor may restrict your diet and activities, especially if a polyp was removed.
- **Avoid alcohol** for at least 24 hours.

Procedure Results

You will receive a phone call or letter at home with the results within 14 days of the procedure. If you don't, please call us.

If you have questions about any of these instructions, call 413-794-7364.