

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, Warfarin, 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** (one 238g bottle and one 119g bottle)
 - **Magnesium Citrate** (1 bottle)
 - **Gatorade or G2** (one 64 oz bottle and one 32 oz bottle – **no red/purple**)
 - **Clear liquids** of choice (fruit juices without pulp i.e. apple, white grape, water, clear broth bouillon, 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:

- Clear Liquids **all day** on the day before the procedure. **No solid food.**
- Mix the 238grams of Miralax powder with 64oz of Gatorade/G2 and 119grams of Miralax with 32oz of Gatorade/G2. Refrigerate.
- The evening prior to the procedure, between 4:00-6:00 pm, drink the bottle of Magnesium Citrate.
- At 6:00 pm, drink one 8oz glass of the 2 liter/64oz Miralax/Gatorade mix. Repeat every 15 minutes until the entire 2 liter/64oz mix is finished (about 2 hours).
- The morning of your procedure four hours before your colonoscopy, drink one 8oz glass of the 1 liter/32oz miralax/Gatorade mix. Repeat every 15 minutes until the entire 1 liter/32oz 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
- 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 wetwipes and barrier cream (eg. A&D, Desitin, or Vaseline) as needed.

For Questions, please call (970) 476-7600 and ask to speak with Dr. Laird's scheduler