

## PURCHASE FROM YOUR PHARMACY

- Three Dulcolax® tablets
- One 10-ounce bottle of magnesium citrate
- One 14-dose (8.3 ounce) bottle of MiraLAX®
- 64 ounces of Gatorade® or Crystal Light. Do not buy red or purple. Refrigeration improves the taste.

## THREE (3) DAYS BEFORE COLONOSCOPY

1. Avoid iron supplements, nuts, beans and raw fruits & vegetables (canned are okay).

## DAY BEFORE COLONOSCOPY

2. Take all of your regular medications unless otherwise specified by your physician.

### 3. Start a clear liquid diet ONLY.

- Water
- Popsicles
- Kool-Aid
- Coffee/tea
- Jell-O
- Ensure® Clear
- Sports drinks (i.e. Gatorade®)
- Fruit juice (white grape, apple, white cranberry)
- Broth/bouillon
- Soda (light, dark, diet, regular)
- **No red liquids**
- **No dairy/creamer**

4. **At 5 p.m.**, take three (3) Dulcolax® tablets with 8 ounces of water. Then drink the bottle of magnesium citrate.
5. **Mix entire bottle of MiraLAX®** with the 64 ounces of Gatorade®. The MiraLAX will dissolve after a few minutes.
6. **At 7 p.m., drink half of the MiraLAX prep.** Drink one cup of this prep every 20 minutes until you have consumed HALF of the prep (about four cups).

### Special Instructions

*This applies to you if check marked.*

- Do not take **oral diabetic medicine** the morning of your procedure.
- If you take **insulin**, call your primary care physician for instructions.
- Stay on your baby **aspirin (81 mg)**.
- If you are on a **blood thinner**, take your last dose on \_\_\_\_\_.

## DAY OF COLONOSCOPY

7. At \_\_\_\_\_ (six hours before your procedure), **DRINK THE SECOND HALF OF THE MIRALAX® PREP.**
8. **NOTHING BY MOUTH AFTER \_\_\_\_\_.**

### YOUR PROCEDURE:

Arrival time: \_\_\_\_\_  
*(subject to change with 24-hour notice)*

Procedure time: \_\_\_\_\_

Location: \_\_\_\_\_

Doctor: \_\_\_\_\_

Date: \_\_\_\_\_

*continued on back*

**FREQUENTLY ASKED QUESTIONS****Q. Do I have to drink all of the prep even if my bowel movements look clear?**

Yes! You must drink all of the prep for a successful colonoscopy exam.

**Q. How do I know if I'm cleaned out?**

On the day of your colonoscopy, the nurse will ask you questions to confirm you're cleaned out. However, if you see brown, then the doctor sees brown. You will be cleaned out if:

- You **DO NOT** eat solid food.
- You **DO push clear liquids** all prep day.
- You **DO drink all of your prep**.

**Q. Will the bowel prep be painful?**

No. However, the skin around your anus will get sore from the loose bowel movements. You can use Vaseline® or diaper rash ointment on your skin.

**Q. Will I get sick to my stomach?**

Most people do not get sick. But if you do feel sick, stop drinking for 20 to 30 minutes, lie down and place a cool cloth on your forehead. Warm tea, flat soda and peppermints will also help. If you are unable to finish the prep, call your doctor's office.

**CANCELLATION POLICY**

Let us know as soon as possible if you have to change or cancel your colonoscopy.

You will be asked to schedule an office visit before rescheduling a third time.

**INSURANCE**

It is your responsibility to call your insurance to check benefits and preauthorization requirements. Notify this office if your procedure needs preauthorized.

**QUESTIONS OR CONCERNS?**

Make sure you read your surgery booklet to address any concerns not found on this document.



Call the office with any questions or concerns, TeleNurse is available after hours and on weekends.



Watch *What to Expect for your Colonoscopy Procedure* at:

[www.ScreenForColonCancer.org/colonvideo1.html](http://www.ScreenForColonCancer.org/colonvideo1.html)

