

## COLONOSCOPY PRE-PROCEDURE INSTRUCTIONS

**DIET** - Be on a clear liquid diet the day prior to procedure from morning. See food allowed on next page. Nothing to eat or drink after midnight the night prior to your procedure.

**MEDICATIONS** - Take your blood pressure and cardiac medications with sips of water.

**DO NOT take Aspirin** or Pain Killers such as Ibuprofen, Advil, Aleve, Motrin, Naprosyn, etc. for at least one week prior to procedure. You may take Tylenol.

**STOP Plavix 7 days prior to your procedure, or Coumadin 4 days prior.** Please consult the physician who prescribed the medication to make them aware.

Please inform your surgeon if you have a prosthetic heart valve or if you have a serious heart murmur. Inform if you have had any cardiac procedures in the last year.

**DRIVING HOME** - you will need someone to drive you home after your colonoscopy.

**TIPS ON DRINKING THE BOWEL PREP** - Bowel prep solutions taste best well-chilled. Drink the whole dose quickly rather than sipping small amounts. Rinse mouth with water, clear soda, or mouthwash after drinking. Suck on hard candy or lollipops.

**TIPS TO AVOID A SORE BOTTOM** - Avoid rubbing; gently pat with wet washcloth or pre-moistened wipe or rinse with water. Apply Vaseline, diaper rash cream liberally after each bowel movement.

### BOWEL PREPARATION

Available over the counter in Walmart / HyVee / Target / Walgreens / CVS

Buy 238 grams bottle of Miralax over the counter.

Buy 64 oz of Gatorade / Powerade / Crystal lite / Propel (Do not buy red color drink)

Buy 4 tablets of Dulcolax (5mg Bisacodyl each to make it 20 mg)

Buy 1 bottle of Magnesium Citrate 10oz

**1 p.m.** – Take 4 tablets of Dulcolax (Bisacodyl)

**2 p.m.** – Mix the 238 gram bottle of Miralax in 64 oz. of sports drink. Shake well until the powder is completely dissolved. Drink an 8 oz. glass of the mix 10-15 minutes until done.

**6 p.m.** – Take 1 bottle of 10Oz Magnesium Citrate mixed with 8 oz of any clear liquid.

Drink another 8 oz of clear liquid following the above in 15 minutes.

It can take from 1-4 hours for diarrhea to begin. After the preparation is started, you may continue to drink clear liquids until midnight.

### CLEAR LIQUID DIET -

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. No red or purple liquids should be consumed!

Food Group	Foods Allowed	Foods to avoid
Milk & Beverage No red or purple liquids	Tea and coffee (no creamer), carbonated beverages, fruit flavored drinks	Milk creamer, milk drinks
Fruit & Fruit Juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
Soups	Clear broth	All others
Desserts	Clear flavored gelatin, popsicles No red or purple flavors	All others
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others
Meats & Meat Substitutes	None	All
Vegetables	None	All
Grains & Starches	None	All
Fats	None	All

### SUGGESTED MENU

#### Breakfast

4 oz. White grape juice

6 oz. Clear broth

JELL O\*

Tea

#### Lunch

4 oz. Apple juice

6 oz. Clear broth

JELL O

Tea

#### Dinner

4 oz. Lemonade

6 oz. Clear broth

JELL O

Tea