

To ensure a successful exam, please follow all instructions carefully.

You **MUST** arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled. If you have diabetes, ask your physician for diet and medication instructions. Please bring a list of all your current medications, including any over-the-counter medications with you.

USE THE PREP KIT PRESCRIBED FROM YOUR DOCTOR OR PURCHASE THE FOLLOWING SUPPLIES AT YOUR LOCAL PHARMACY:

- 4 Dulcolax laxative tablets containing 5mg of bisacodyl each (NOT Dulcolax stool softener)
- 1-8.3 oz. bottle Miralax (238 grams)
- 64 oz. clear liquid (NOT red or purple), Gatorade, G2, Gatorade Ice, Powerade, Powerade Zero, or Crystal Light is acceptable.

7 DAYS BEFORE YOUR COLONOSCOPY:

If you take aspirin or NSAIDS such as Advil, Motrin, Celebrex, Ibuprofen, or fish oil do not continue to take them as usual unless otherwise instructed by your physician. Ask your doctor for specific instructions if you take a blood thinner like Plavix, Pradaxa, Clopidogrel, Coumadin, Warfarin, Effient, Prasugrel, or Lovenox.

1 DAY BEFORE YOUR COLONOSCOPY:

Begin a clear liquid diet; Drink at least 8 glasses of water during the day to avoid dehydration.

At 12 noon, take 4 Dulcolax tablets. Mix 64 oz. liquid with an 8.3 oz bottle Miralax and place in the refrigerator (DO NOT ADD ICE).

At 3pm, drink one 8 oz. glass of Miralax/Gatorade solution and continue drinking one 8 oz glass every 15 minutes thereafter until the mixture is gone. Set a timer for every 15 minutes to keep pace.

Clear Liquid:

Gatorade, Pedialyte, or Powerade
Clear broth or bouillon
Coffee or tea (no milk or non-dairy creamer)
Carbonated and non-carbonated soft drinks
Kool-Aid or other fruit-flavored drinks
Strained fruit juices (no pulp)
Jell-O, popsicles, hard candy

Not Clear Liquid:

No red or purple items of any kind
No alcohol
No milk or non-dairy creamers
No noodles or vegetables in soup
No juice with pulp
No liquid you cannot see through

DAY OF YOUR COLONOSCOPY:

Nothing to drink after midnight! You may take all of your morning medications as usual with 4 oz. of water up to 3 hours before your procedure.

You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.

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