

## **COLONOSCOPY PREPARATION**

Purchase these over the counter laxatives:

1. **GATORADE** (64 ounces) NOT RED OR PURPLE (two 32 ounce bottles or one 64 ounce bottle)
2. **DULCOLAX** 5mg tablets (four tablets)
3. **MIRALAX BOTTLE** 238 grams (over the counter only)

### **DAY BEFORE COLONOSCOPY:**

#### **CLEAR LIQUIDS ONLY; ABSOLUTELY NO SOLID FOODS!!!**

Drink only clear liquids such as: water, clear fruit juices such as apple or white grape, chicken or beef bouillon, Jell-O (**no RED or PURPLE**), Gatorade (**no RED or PURPLE**), popsicles (**no RED or PURPLE**), clear soft drinks – 7UP or Sprite, coffee without cream or sugar.

#### **NO MILK OR MILK PRODUCTS. NO ORANGE JUICE.**

**3PM** – Take **2 DULCOLAX** tablets

**5PM** – Mix the entire bottle of **MIRALAX** into the 64 ounces of **GATORADE**. (Put half the bottle in each 32 ounce bottle) shake the solution until fully dissolved. Drink an 8 ounce glass every 30 minutes until the solution is gone.

**7PM-** Take the last 2 **DULCOLAX** tablets

**NOTHING BY MOUTH AFTER MIDNIGHT!! \* If your procedure is at noon or later, you can drink until 6AM on the day of surgery. \***

**DAY OF COLONOSCOPY:** you may take any necessary medications with a sip of water.

**IMPORTANT!!** **NO** aspirin, aspirin by-products or Plavix for 1 week prior to your surgery.

**NO** Coumadin for 5 days or check with your physician who orders the Coumadin.

Please contact the physician that prescribed the aspirin, Plavix, and Coumadin to see if this is acceptable.

**REMEMBER:** The preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. During the prep, using baby wipes may ease some of the discomfort. You should not plan on working or driving the rest of the day due to sedation given at the procedure. You are required to bring someone with you to drive you home afterwards.