

Colonoscopy Procedure

How to prepare for your Colonoscopy using:

Miralax Bowel Prep

If you have any questions, please call 802-447-5551, Mon.-Fri., 8 a.m.- 3 p.m. If it is after hours, please call the switchboard at 802-442-6361 and request a return call from the Endoscopy nurse on call.

Patient Name: _____

Colonoscopy scheduled with Dr. _____

Date of procedure: _____ Arrival time: _____

*** Follow all of the instructions in this handout exactly as they are written. If you do not follow the directions, your colonoscopy may be cancelled.**

* Check with your health insurance provider regarding your health plan benefits prior to your procedure.

* Your bowel must be empty so that your doctor can clearly view your colon.

* It is required for you to have a driver at the time of your discharge.

* Pre-Registration will call you a week to your procedure (Arrival times are subject to change.)

* If your procedure is being done under monitored Anesthesia care (heavy sedation), you will also receive a separate call from a preop nurse a week prior to your procedure.

* Failure to complete pre-registration/preop nurse call, will result in your procedure being cancelled

Special Instructions on Diabetic and/or Blood Thinners:

Diabetic: _____

Blood Thinners: _____

*** Aspirin, Advil, Aleve, Acetaminophen or Tylenol are acceptable.

PURCHASE (Over the counter, no prescription needed):

**** 1 Bottle of Miralax (238 grams)**

**** 1 box of Dulcolax Laxative TABLETS- 5 mg each**

DAY BEFORE PROCEDURE

NO FOOD, Clear Liquid Diet ONLY

See clear liquid diet sheet enclosed

BEGIN BOWEL PREP:

**** Drink 2 quarts of clear liquids throughout the day----Stay hydrated for best results.**

**** Anytime Between 1-3 pm, take 2 Dulcolax tablets.**

**** Anytime Between 3-5 pm, mix entire 238-gram bottle of Miralax prep into one 64-ounce container or two 32-ounce containers of clear liquid (see enclosed clear liquid sheet for substitutions.)**

**** Drink this over a 3-hour period. (8 oz. every 15-30 minutes works well.)**

**** Continue to drink ALL of the preparation, even if you are passing clear liquids.**

**** Continue to drink as much clear liquid as possible until bedtime.**

-If nausea or vomiting develops, stop drinking and wait 30 minutes before restarting.

-Unless otherwise instructed, please take your regular evening medications after you complete your prep.

DAY OF PROCEDURE

Nothing to Drink except:

***** Sip of water with normal morning medications**

- **Do not take** your diuretic (water pill) this morning.

- Follow special instructions on **Diabetic/Blood thinner** medications from previous page.

***** Take inhalers as prescribed and bring them with you to your appointment.**

Please have all jewelry removed for the day of your exam.