

Colonoscopy Procedure

How to prepare for your Colonoscopy using:

Miralax Split 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 prior 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.

Instructions on Diabetic and/or Blood Thinners:

Diabetic: _____

BloodThinners: _____

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

Revised 11/16/2023

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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 ½ of the mixture (32 oz.). Drink this over a 1 hour period. (8 oz. every 15-30 minutes works well.**
- **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 the first half of your prep.

DAY OF PROCEDURE

NOTHING TO DRINK except:

- **Drink the remaining half of the prepared Miralax mixture (32 oz.) by_____.**
- **If nausea or vomiting develops, stop drinking and wait 30 minutes before restarting.**

After Completing your Prep:

- **Take your normal morning medication **with a sip of water**.**
 - **Do not take** your **diuretic (water pill)** this morning.
 - Follow special instructions on **Diabetic/Blood thinner** medications from previous page.
 - After taking your medications as instructed, nothing further by mouth prior to your appointment.
- **Take inhalers as prescribed and bring them with you to your appointment.**

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