



TAYLOR STATION

Surgical Center

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COLONOSCOPY PREPARATION INSTRUCTIONS: NOT SPLIT

You have been scheduled for a colonoscopy in inspect your colon (large intestine). This test requires a preparation to clean out your large intestine. By the end of this preparation, you should have only light yellow liquid passing. If the preparation is inadequate you may be required to repeat the procedure at another time.

Seven days prior to the procedure:

1. Stop vitamins, iron and herbal supplements.
2. Stop arthritis medications such as Motrin, Aleve, Ibuprofen, Celebrex, etc.
3. Stop Aspirin.

Two days prior to procedure:

1. Avoid foods with nuts, seeds, uncooked vegetables and lettuce.

One day prior to procedure:

1. You are to be on a clear liquid diet starting at breakfast. Clear liquids include pop, coffee, tea, jello, broth, juice (no pulp), Gaterade, water and popsicles. **Do not drink any red liquids.**
2. Prior to starting the preparation you need to drink at least **64 ounces of clear fluids** throughout the day. This is important to avoid dehydration. Sports drinks, like Gaterade or Powerade, are good choices
3. *****FOLLOW THE INSTRUCTIONS PERTAINING TO YOUR SPECIFIC BOWEL PREPARATION.***** **Please note: If you are unable to follow this preparation as instructed, you must notify TSSC so that we can tell you what you must take instead. If the bowel preparation is inadequate, the procedure will need to be cancelled or repeated at another time.**
4. After completion of your bowel preparation, you may resume clear liquids until 4 hours before the procedure. You are to have nothing by mouth for 4 hours before the procedure.

Day of the procedure:

1. Arrive at least 1 hour and 30 minutes before your scheduled procedure time unless notified differently.
2. You may take heart, seizure, and other essential medications with sips of water.
3. You must make arrangements to have someone drive you home following the procedure. We recommend someone be available to hear instructions from the doctor prior to your release.
4. Bring a copy of your insurance card and a written list of your medications.

Special Instructions:

For Patients with Heart Defibrillators or Pacemakers:

- Please notify TSSC if you have a pacemaker or defibrillator. In general, your procedure must be performed in the outpatient department of a hospital.

For Patients who take Blood Thinning Medications:

- If you are on a blood thinner such as Plavix, Coumadin, Aggrenox, Persantine, etc., you will need to check with your primary care doctor or your cardiologist regarding stopping the medication. You should notify TSSC after you have checked with them. Your circumstances are unique and may require additional testing.

For Patients who have Diabetes:

- You should stop oral diabetic medications the day before the procedure and do not restart until after the procedure. If you are on insulin you should take half your normal dose of insulin on the day before the procedure and the morning of the procedure. You should continue to check your blood sugars on a regular schedule, including the morning of the procedure.

For Patients who take Antibiotics Prior to Procedures:

- Please notify TSSC if you normally take antibiotics (for a heart condition or joint replacement) before dental appointments and other procedures.

Helpful Hints

1. Try sucking on hard candy between glasses of preparation solution.
2. Drink the solution through a straw.
3. Squeeze fresh lemon or lime juice in each glass.
4. If nausea, vomiting, severe cramping or chills occur, you should stop drinking the solution for 30 minutes, then restart.
5. You may use Desitin ointment to the rectal area for any irritation.

Dulcolax (Bisacodyl) & Miralax (Glycolax) Bowel Preparation

****NOTE**** no prescription is required- these are all sold over the counter

- 4 DULCOLAX tablets (laxative not stool softener) generic name is Bisacodyl
- 64 oz of Gaterade or Power Aide (not red)
- 238 gram bottle of Miralax (14 day supply) generic name Glycolax

Two days before the procedure:

Purchase Miralax, Gaterade and Dulcolax tablets at this time. You will mix the entire bottle of Miralax in the bottle of Gaterade. Refrigerate.

Day before the procedure:

1. At 5:00 PM – Take 4 Dulcolax tablets by mouth.
2. At 7:00 PM – Drink ONE 8 ounce GLASS OF MIRALAX / GATERADE MIXTURE every 15 minutes until half of the bottle is gone. Repeat every 15- 20 minutes until you have finished remainder of the 64 ounce mixture. This solution is a laxative and will cause multiple bowel movements and mild abdominal discomfort and / or cramping.