



## Colonoscopy Preparation

386-758-6094

### Purchase

1) GATORADE (**NO RED OR PURPLE**) (1) 96 ounce bottle or (3) 32 ounce bottles of lemonade or other clear Gatorade (If Patient is diabetic, substitute Crystal Light for Gatorade)

2) DULCOLAX 5mg tablets (4) tablets

3) MIRALAX BOTTLE 510 grams (over the counter only)

Crystal Light, apple juice, white grape juice, and green tea are all alternatives to the Gatorade prep, and follow the exact same prep as the Gatorade prep is described below.

### 1 Week prior to procedure:

No aspirin, aspirin bi-products, Plavix (Clopidogrel), Celebrex, Coumadin, Motrin, Advil, Aleve, Ibuprofen, and all over the counter Vitamins for One (1) week prior to the procedure. Check with the physician who ordered the Aspirin or Plavix. Tylenol is acceptable for headaches.

### Five days prior to procedure:

Begin to decrease the residue in your diet. Refrain from eating nuts, seeds, corn, and popcorn. Discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, Benefiber, etc.

### Two days prior to procedure:

Take two (2) Dulcolax tablets any time of the day.

### The day before the procedure:

Drink clear liquids only. **ABSOLUTELY NO SOLID FOOD!**

Examples of clear liquids: Water, clear fruit juices such as apple or white grape. Chicken or beef bouillon. Jello (no red or purple). Clear Gatorade. Popsicles (no red or purple). Clear soft drinks. Coffee without cream or sugar.

**\*\*\*NO MILK OR MILK PRODUCTS. NO ORANGE JUICE. NO RED OR PURPLE JELLO OR JUICE\*\*\***

**2 P.M.:** Take two (2) Dulcolax tablets.

**3:30 P.M.:** Mix the entire bottle of Miralax into the 96 ounces of Gatorade. (Put the 1/3 bottle into each 32 ounce bottle) Shake the solution until fully dissolved. Drink an eight (8) ounce glass every 30 minutes until the solution is gone.

**7P.M.:** Take the **last two (2)** Dulcolax tablets.

**\*\*Nothing by mouth after midnight\*\***

**If your procedure is scheduled for 12PM or later** follow the directions as above but drink the first half of the solution at 4pm the day prior to your procedure, the second half at 6am the day of the procedure, and take the second two(2) Dulcolax at 5AM the day of the procedure (with a small glass of water). Do not take anything by mouth after 6AM.

**The day of your procedure:** You may take any necessary medications with a sip of water. Bring along some to take on the way home.

**The preparation is very important. An adequate cleanout allows for the best evaluation of the entire colon.**

**Take more Miralax if you find your last bowel movement is not clear like water.** During prep, using baby wipes may ease some of the rectal discomfort if needed. Plan on not working or driving the day of the procedure due to the sedation.

### **Diabetics**

#### **The Day & Night Before the Procedure:**

Take oral diabetic Medications in the morning the day before the procedure as you normally would. The evening of the procedure, skip the evening dose(s) of oral diabetic medication.

**Insulin Dependent Patients:** Take only 1/2 dose of Insulin the daybefore the procedure during the time(s) you normally would. Bring your diabetic tablets / diabetic medication with you to Lake City Surgery Center in case it is needed.

**Check blood sugar frequently during prep and please take steps to correct low sugar as you would do normally.**

**Sleep Apnea Patients: You must bring your sleep apnea machine with you on the day of the procedure.**