

COLONOSCOPY PREP INSTRUCTIONS

You will need to drink a laxative solution (called Miralax) to clean your colon.

You must complete the entire prep to ensure the most effective cleansing.

Purchase one bottle of Miralax 238 grams from your pharmacy.

You will need transportation home as you will not be allowed to drive after the procedure.

- THREE DAYS BEFORE YOUR COLONOSCOPY -

1. Soft diet/low fiber. No nuts, seeds, popcorn, and fruit or vegetables.
2. Obtain a bottle of Miralax 238 grams. If you tend to be constipated, or sometimes need a laxative, take 2 tablespoons of Milk of Magnesia at 8 PM for the next two days.
3. Arrange for your ride home after the procedure.

- ONE DAY BEFORE YOUR COLONOSCOPY -

1. No solid food - Clear liquids only for breakfast, lunch & dinner. Clear liquids are any liquid you can see through (water, soft drinks, tea, cranberry or apple juice, Gatorade, clear broths) plus coffee and Jello. Do not drink or eat anything with red food coloring like red Jello. Cranberry juice is okay.
2. 4-7 pm: Take all three Dulcolax tablets provided for you. Be close to a bathroom after taking the Dulcolax as diarrhea can be urgent. Prepare your Miralax solution by mixing the entire 238 gram bottle with 64 ounces (2 quarts) of Gatorade or other flavored clear drink of your choosing (not red or purple). Shake until the Miralax is dissolved. One hour after taking the Dulcolax, begin drinking the Miralax at a rate of about one 8 oz glass every 15 minutes until you have finished one quart.
3. You should continue to drink clear liquids until bedtime. This will help keep you hydrated.

- MORNING OF PROCEDURE -

1. Five to six hours prior to procedure begin to drink the second quart of Miralax. Drink 8 oz every 15 minutes until gone. Drink another pint of clear fluid of your choice.
2. Your stools should be clear so you can see the bottom of the toilet bowl. If still murky and not clear, call us at 503-474-0650.
3. You may continue to drink clear liquids up until three hours prior to the procedure, then nothing by mouth.

- SPECIAL MEDICATION INSTRUCTIONS -

We recommend you make the following medication changes prior to your procedure:

- **Blood-thinning medications** If you take any anti-coagulants (blood thinners to prevent blood clots), you should contact your prescribing physician to determine when you should stop your medicine before the procedure. Typically, patients taking warfarin (Coumadin) stop their medicine five days prior to a colonoscopy. Patients taking the newer class of anticoagulants, such as Eliquis, Xarelto, and Pradaxa, can often stop their medicines only 1-2 days before a colonoscopy.

- Anti-platelet agents, including aspirin, clopidogrel (Plavix), and Brilinta, should be continued with no interruption before a colonoscopy.
- Do not take iron pills for 7 days prior to your procedure.
- Continue taking your other prescribed medications (e.g. blood pressure pills) as usual; if you have any questions about your medications, call your prescribing physician.
- Diabetic Patients: If you take an oral hypoglycemic (“sugar pill”), do not take it the day of your procedure. If you are taking insulin, you should only take half (1/2) of your usual scheduled insulin dose before your procedure.

- LOW OR SOFT FIBER DIET -

3 days prior to colonoscopy

No vegetables, hard fruit or nuts

SOUPS: Broth or cream soups

MEATS: Tender Veal, beef, lamb, ham, chicken, turkey, liver, pork, fish or shellfish

FRUITS: Fruit juices, peeled or baked apples, ripe banana, canned peaches, canned pears, plums, apricots and cherries

CEREALS & BREADS: Refined cereals such as corn flakes, puffed rice, corn pops, frosted flakes, rice krispies, well cooked oatmeal, rice, noodles, macaroni, spaghetti, farina, grits, cornmeal, cream of wheat, white bread, plain crackers, plain rolls, biscuits, cornbread, plain waffles, and pancakes

DESSERTS: Pudding, custard, ice-cream, sherbet, cookies, gelatin desserts

BEVERAGES: Coffee, tea, juices, carbonated beverages, and milk

FATS: Butter, margarine, cream, sour cream, oil, crisp bacon, smooth peanut butter, mayonnaise

MISC: Eggs, Seasonings, jelly, honey, syrup, lemon juice, vinegar, cocoa, catsup, mustard, gravy, sauces, hard and chocolate candy made without nuts, coconut and dried fruits

- CLEAR LIQUID DIET -

1 Day prior to colonoscopy

SOUPS: Clear bouillon, clear broth or consommé

BEVERAGES: Tea, black coffee (decaf/regular), carbonated beverages (soda pop), Kool-aid, Gatorade, water

JUICES: Cranberry, grape, apple (NO orange juice or tomato juice)

DESSERTS:: Jell-O, Iced popsicles, water ices (NOT red or purple colors)

MISC: Sugar, salt, hard candy (Lifesavers, etc.)

If you have problems with the prep, call the facility at 503-474-0650 or call Jill at 503-472-0888 ext 1.