



COLONOSCOPY PROCEDURE

To Purchase/Buy:

- one 238g bottle of MiraLAX (or store brand)
- 4 Dulcolax tablets (5mg each tablet)
- 64 oz of your favorite CLEAR (**flavored**) drink NO RED / NO PURPLE/ NO WATER

If you take ANY medications that increase your risk of bleeding, you are responsible for obtaining a clearance letter from your prescribing doctor with instructions on when to stop and resume medication. This may require an office visit, so please be sure to contact their office directly. You may continue to take aspirin 81mg, also known as “baby aspirin”.

For patients with diabetes: Speak with your provider about adjusting the dose of insulin the day before your procedure. ***If you use oral diabetes medications, do not take these medications on the morning of the procedure!**

***** 5 DAYS PRIOR TO COLONOSCOPY:**

STOP taking **ANY** iron supplements, herbal medications, or fish oil

AVOID eating any nuts, seeds, or any fruit or vegetables with seeds, or corn

***** 2 DAYS PRIOR TO COLONOSCOPY:**

CONFIRM your transportation, as a responsible adult must accompany you when leaving the procedure, even if you are taking public transportation. **No solid foods after midnight.**

Date: 1 DAY BEFORE COLONOSCOPY:

Do not eat any solid or soft food, or no alcoholic beverages. CLEAR LIQUIDS ONLY throughout the entire day to prevent dehydration from the bowel preparation.

- Mix entire MiraLAX bottle with 64oz of clear liquid, and refrigerate
- At 4pm, take FOUR Dulcolax tablets with WATER
- At 6pm, drink half (32oz) of mixed prep over 1-2 hours
- Continue to drink fluids throughout the evening

Date: ON THE DAY OF YOUR COLONOSCOPY:

- **Nothing to eat or drink after midnight EXCEPT MiraLAX preparation**
- 6 hours BEFORE your scheduled procedure time, drink the second half (32oz) of the mixed preparation
- No gum or hard candies
- Do NOT take any insulin or oral diabetes medications
- Any heart or blood pressure medications must be taken with a sip of water only
- **ANY other medications can wait until after your procedure**

IF YOU NEED TO CANCEL OR RESCHEDULE: Please give 24-hour notice, or it may result in a \$100 cancellation fee.