



<p><u>ONE WEEK BEFORE:</u></p> <p><u>Notify your physician if you have any of the conditions listed below, as we may need to modify your colonoscopy preparation:</u></p> <ul style="list-style-type: none"> • Kidney Disease • Diabetes • Artificial Heart Valve <p><u>Transportation:</u> Due to sedation administered during your procedure, you may not drive or leave the procedure unit without an escort. Taxi cabs are not legal escorts.</p> <p><i>Please stop taking any supplements that contain oils, such as fish oil, krill oil, etc. for 1 week prior to your colonoscopy.</i></p>	<p><u>5 DAYS BEFORE:</u></p> <p><u>Medications:</u> If you take prescription blood thinners or a platelet inhibitor, such as <i>Coumadin (warfarin), Pradaxa, Xarelto, Eliquis, or Plavix</i>, <u>check with your physician for directions about stopping these medications.</u></p> <p>Aspirin prescribed by a physician should not be stopped and should be taken as directed.</p> <p>Stop iron supplements 1 week prior to your colonoscopy.</p> <p><u>Obtain prep over the counter (no prescription needed):</u></p> <ul style="list-style-type: none"> • Miralax (one 238g bottle) • 10 oz. bottle magnesium citrate • Four 5 mg Dulcolax (bisacodyl) laxative tablets. • 64 oz. of Gatorade (<u>NO RED or PURPLE Gatorade</u>) <p><i>Buy Simethicone 125 mg tablets over-the-counter. You will need 4 tablets total.</i></p>	<p><u>3 DAYS BEFORE:</u></p> <p><u>Diet:</u> Please try to avoid eating any seeds, popcorn, and nuts until after your colonoscopy.</p> <p><u>1 DAY BEFORE:</u></p> <p>Mix Miralax in 64 oz. of Gatorade and refrigerate.</p> <p><u>Diet:</u> BEGIN A CLEAR LIQUID DIET - NO solid food, milk or milk products, or juice with a pulp. Drink 4-6 (8 oz.) glasses of water or clear liquids through the day. <u>The more you drink, the better your prep will be.</u></p> <p><u>Acceptable clear liquids:</u></p> <ul style="list-style-type: none"> • Clear juice (apple, white grape, white cranberry etc.) • Black coffee or tea (no cream) • Broth (no noodles) • Soda (any kind OK) • Sport drinks • Jell-O • Popsicles • Ensure Clear (peach flavor) • Coconut Water <p><u>AVOID any clear liquids that are RED or PURPLE in color.</u></p>	<p><u>1 DAY BEFORE CONTINUED:</u></p> <p>10 AM: Drink the 10 oz. bottle of magnesium citrate and then take 2 Dulcolax tablets.</p> <p>2-3 PM: Take the other 2 Dulcolax tablets.</p> <p>5 PM: Take 2 Simethicone capsules and then begin drinking 8 oz. of the Miralax prep every 15 minutes until you finish 48 ounces. <i>If you get nauseated, slow down the rate of drinking to 8 ounces of the prep every 30-60 min.</i> Note that use of sugar-free menthol hard candy can help make the prep more tolerable.</p> <p>Responses to the prep vary. Bowel movements will begin 30 minutes to 6 hours following ingestion of the preparation.</p> <p>The prep may cause side effects such as bloating, cramping and nausea.</p> <p><u>In addition to the prep, continue drinking extra fluids.</u></p>	<p><u>PROCEDURE DAY:</u></p> <p><u>Hold Diabetic medication. Hold Diuretics such as: Lasix (furosemide) and/or Hydrochlorothiazide (HCTZ).</u></p> <p><u>5-6 Hours before leaving home:</u> Take 2 Simethicone capsules and then drink 8 oz. of Miralax/Gatorade every 15 minutes until you finish 16 more ounces. At this point, you will have finished a total of 64 ounces. <i>If your stool is not a clear or light yellow fluid, please call the office ASAP.</i></p> <p>You may continue to have clear liquids until 3 hours prior to your arrival time.</p>
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