

Patient Instructions:
Colonoscopy

Your procedure is scheduled for: _____
Date

You will get a call 2-3 days prior to your procedure with a time.

****Please enter the hospital through the main entrance. On your left take the stairs or elevator to Day Surgery; there you can register.**

To get ready for your colonoscopy you will need to purchase the following at any grocery or shopping center:

These are all available without a prescription

**Miralax
(Polyethylene
Glycol 3350)
Powder
8.3 ounces (238
gram) bottle**



**Bisacodyl 5mg tablets
(you will need a total of
4 tablets)**



**Choice of clear liquids to mix with your Miralax:
Gatorade or Powerade , Propel, or Coconut Water
(Orange, Green or Yellow Colors Only) 64 ounces**



5 Days BEFORE your procedure:

1. **STOP** taking Aspirin 325mg, Garlic, Ginkgo or Iron Supplements
(Aspirin 81 mg is ok to continue taking)
2. **STOP** eating nuts, seeds, corn, popcorn, tomatoes, granola, raisins, and celery


2 Days BEFORE your procedure:

1. **STOP** taking fiber supplements like Metamucil, Citrucel, Fiberall, Benefiber

Do you use a CPAP machine to sleep?

1. If **YES** please bring your machine with you the day of your procedure.

Important information about your DIABETES

1. **Continue** taking your diabetic medication
2. **Check your blood sugars often** the day prior to your procedure when you are only taking clear liquids. Choose clear liquids that **have** sugar in them. This will help keep your blood sugars normal while you aren't eating. (**DO NOT** drink low sugar or no sugar drinks)
3. **If your blood sugar does go too low please call the Day Surgery Department**  **and we will give you instructions. Their phone number is 779-2225 or 1-800-398-6031 extension 2391**
4. If you have an **Insulin Pump** please call Day Surgery *the day before* your procedure and they will give you instructions for dosing – 779-2225 or 1-800-398-6031 ext 2391
5. The morning of your procedure:
 - a. Take half your normal dose of oral diabetic medication
 - b. **DO NOT TAKE your regular dose of INSULIN.** Please bring it with you to take **after** your procedure.

Important information about your BLOOD THINNER

1. STOP taking your _____ on

Date

2. **Call us** and if you have questions: (778-6579)

The day BEFORE your procedure:

1. **DO NOT EAT ANY SOLID FOOD**
2. **Drink ONLY** clear liquids the day before your procedure. Clear liquids are liquids that you can see through
 - Examples of clear liquids are: **black** tea or coffee (sugar is ok), apple juice, water, white grape juice, chicken/beef bouillon, green, yellow, or orange: Jell-O, popsicles, Gatorade, soft drinks, or Kool Aid.
3. **Between 11am and 1pm – Take 2 Bisacodyl Tablets**
4. **Between 2pm and 5pm** – Mix entire Miralax bottle with 64 ounces of your choice of clear liquid. Drink an 8 ounce glass every 10-20 minutes until it is gone. You can mix the solution 1 hour before you drink it and put it in the fridge to chill.
5. **Between 7pm and 9pm** – take 2 Bisacodyl tablets
6. You may continue your choice of any clear liquid in addition to your prep until Midnight
7. **After midnight** – Nothing else to drink after midnight!

The morning OF your procedure:

1. You should take your heart and blood pressure medications with a small sip of water.
2. **Make sure your stool is CLEAR and YELLOW!** This will make sure that your doctor can see your colon during your procedure. If your bowels aren't empty and clean we may have to reschedule your procedure. If your stool isn't clear yellow please call Day Surgery the morning of your procedure: 779-2225 or 1-800-398-6031 ext 2391



After your procedure:

1. You will be given medication at the time of the procedure that will make you sleepy and **you will not be allowed to drive home.**
 - You will need to arrange for someone to drive you home after the procedure. Taxis are NOT an acceptable means of transportation.
 - Please also arrange for someone to be with you for several hours after the procedure.
 - For your safety if transportation hasn't been arranged we won't be able to do your procedure as scheduled

When should you call us?

1. If you have pain that becomes much worse
2. You develop or continue to have nausea or vomiting
3. You develop a fever over 101 degrees Fahrenheit
4. **How to Contact Us: 778-6579**
 - Monday – Friday 8am to 4:30pm.
 - If outside of regular office hours our answering machine will give you instructions about how to reach the doctor on call.