

Getting Ready for a Colonoscopy

Two Day Preparation

PLEASE READ THIS HANDOUT

A photo guide is available on the last page of this handout for reference. It has important information about how to get ready for a colonoscopy. If you have any questions, please contact our office at 207-743-2544.

Date of your colonoscopy: _____

Location: Stephens Memorial Hospital, 181 Main Street, Norway

A nurse from the hospital will call you 1 or 2 days before your procedure to let you know what time to be at the hospital. The nurse will also ask you a few health questions to prepare for your procedure.

Preparing for your Colonoscopy:

1. If you are on a **prescription** blood thinner and have not received instructions from your prescribing provider about whether to continue or stop this medication before your procedure, please call our office at 207-743-2544. Do not stop your aspirin if you take this regularly.
2. Purchase the following over the counter items:
 - » See photos on the last page of this handout for reference.
 - » Four (4) Dulcolax tablets (Bisacodyl).
 - » One (1) bottle of Magnesium Citrate unless you have kidney disease. If you have kidney disease do not purchase Magnesium Citrate.
 - » One (1) or two (2) bottles of Fleet enemas(s). If you have kidney disease, you will need two (2) bottles of Fleet enemas
 - » One (1) 238-gram bottle of Miralax (polyethylene glycol).
 - » Two (2) 64-ounce bottles of yellow or orange Gatorade (**No** red, blue, or purple), or (8) 16.9 bottles of Propel water electrolyte replacement drink, unflavored or flavored.

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3. Stop taking iron, including multivitamins with iron.
4. Most medication may be continued as prescribed up to the time of the colonoscopy and are taken with a small sip of water the day of the colonoscopy. **If you are diabetic, please see attached guidelines for diabetes management.**
5. Aspirin and standard dose nonsteroidal anti-inflammatory drugs (ibuprofen, advil, motrin) may be continued until the day of your colonoscopy.

What to do 5 days before your colonoscopy:

1. Make sure a friend or family member will be able to drive you home after your colonoscopy. This is **required** as you will receive sedation and will not be able to drive yourself home.
2. Do not eat foods high in fiber from now until after your colonoscopy. This includes seeds, nuts, berries, whole grains, raw vegetables, or vegetables with skins.
3. If you need to reschedule or cancel your appointment call us at 207-743-2544. We request a **minimum** of 5 days of notice if you cannot keep your appointment due to our long colonoscopy waiting list.

What to do 2 days before your colonoscopy:

1. Eat a light breakfast **before 7 a.m.** (for example: eggs, dry white toast, or plain bagel. Do not eat: fruit, vegetables, or whole grains).
2. Start a clear liquid diet **after 7 a.m.**
 - » Examples of clear liquids include: water, broth (chicken, beef, or vegetable), Jell-O (**No** red, blue or purple), popsicles (**No** red, blue, or purple), clear juices (apple juice, white grape juice), black coffee or tea (**No** milk or cream, sugar is fine), and carbonated beverages.
3. **At 5 .p.m** take 2 Dulcolax tablets (Biscodyl) with an 8-ounce glass of water, Gatorade or Propel water.
4. Continue to drink clear liquids until bedtime.

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What to do 1 day before your colonoscopy:

1. Continue the clear liquid diet all day. Clear liquids include: water, broth (chicken, beef, or vegetable), Jell-O (**No** red, blue or purple), popsicles (**No** red, blue or purple), clear juices (apple, white grape juice), black coffee or tea (**No** milk or cream, sugar is fine), and carbonated beverages.
2. **At 11 a.m.**, take two (2) Dulcolax tablets by mouth. Then mix one (1) 238-gram bottle of Miralax with 64 ounces of Gatorade (**No** red, blue or purple) or Propel water electrolyte replacement drink making sure the Miralax is dissolved. You may chill this if desired. Do not drink this yet.
3. After the first bowel movement that you have after taking the Dulcolax or at **2 p.m.**, start drinking the Miralax mixture. Drink 8 ounces of the Miralax liquid every 20 to 30 minutes until the 64 ounces of the mixture is gone.
4. If you develop nausea stop drinking the Miralax mixture for a while until the feeling passes. Then start drinking the Miralax mixture again.
5. Continue to drink clear liquids until bedtime.

What to do the day of your colonoscopy:

1. Take your daily medications such as blood pressure and heart medications with a sip of water the morning of the procedure.
2. If your colonoscopy is in the morning **before 12 p.m.** do not eat or drink anything (a sip of water to take medication is okay).
3. If your colonoscopy is in the afternoon **after 12 p.m.** you may drink clear liquids until 3 hours before your appointment.

Goal of the colon preparation:

To clean out the colon (large intestine) of all solid materials. Your stool should be clear and yellow after the above preparation is completed. This is important as a good bowel preparation improves detection of polyps and may prevent us from having to repeat or reschedule your colonoscopy due to an inadequate preparation.

What to do if your stool is not clear:

1. If your stool is not clear **by 10 p.m.** on the night before your colonoscopy, take one (1) bottle of Magnesium Citrate with one 8-ounce glass of Gatorade or propel water **OR** perform a Fleet Enema as described on the packaging. If you have kidney disease, you should perform a Fleet enema. Do not take Magnesium Citrate.
2. If not clear **by 4 a.m.** on the day of your colonoscopy, perform a Fleet enema as described on the packaging. See photo guide for reference.

» Your stool should be clear and yellow. See photo below.



Guidelines for Patients with Diabetes

1. Drink plenty of clear liquids that contain sugar.
2. Avoid caffeinated drinks as they may cause dehydration.
3. Check your blood glucose (sugar) often. Check at least every 2 to 4 hours.
4. **Three hours before your colonoscopy** stop drinking clear liquids and check your blood sugar. If it is low, drink 4 to 8 ounces of clear juice such as apple or white grape juice, then recheck your blood sugar within 15 to 30 minutes. If your blood sugar remains low you may drink another 4 to 8 ounces of juice until your blood sugar normalizes.

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If you use long acting insulin:

Take your long acting insulin as prescribed. This includes Lantus, Levemir, or your insulin pump.

If you use short/medium acting insulin:

Cut back to half the usual dose for the day before your procedure. **BRING YOUR SHORT ACTING INSULIN WITH YOU THE DAY OF YOUR PROCEDURE.**

If you take oral diabetic agents (pills):

Take your pills as directed with a sip of water.

Photo guide

Dulcolax:	Magnesium Citrate:	Fleet Enema:	Miralax:
			
Yellow and Orange Gatorade:	Yellow and Orange Vitamin Water:	Water:	Coconut Water:
			

If you have questions

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