

TWO-DAY COLONOSCOPY INSTRUCTIONS SHEET/MIRALAX

To schedule your colonoscopy or if you have any questions about your procedure, call Dr. Niemann's office at (217) 222-6550, option #1, extension 3636.

Your appointment for your colonoscopy is _____ at the Blessing Surgery Center at 1100 Spring St, Quincy, IL 62301.

TIME: Blessing Hospital Prep Clinic staff will call you with the tentative time of arrival approximately 3-5 days prior to your procedure. Blessing Hospital Prep Clinic is open 8 a.m. to 4:30 p.m. If you need to cancel the day of the procedure, call the GI Center at (217) 277-3505 **DO NOT CALL THIS NUMBER TO SCHEDULE THE APPOINTMENT.**

1. You will need to purchase 4 Dulcolax (bisacodyl) laxative pills and 2 bottles of MiraLax (238 gm); these are over-the-counter in the laxative section. You will also need 128 ounces of Gatorade (**NO RED COLORING**).
2. **DAY ONE:** Be on a full-liquid diet all day _____. Full liquids allowed are: milk; milk products including non-dairy creamers, coffee (black), tea, water, clear fruit juices (grape, apple, cranberry), bouillon, jello, soda, popsicles and Gatorade. (**NO RED COLORING**) No solid food.

Take 2 of the Dulcolax (bisacodyl) pills at 3 p.m. on _____. Mix one whole container of MiraLax with 64 ounces of Gatorade. Start drinking the mix at 4 p.m. Drink one 8-ounce glass every 15-20 minutes. Be sure to drink ALL of the solution.

3. **DAY TWO:** Be on a clear-liquid diet all day _____. Clear liquids are anything you can pour into a glass and see through. Liquids allowed are: coffee (black), tea, water, clear fruit juices (grape, apple, cranberry), bouillon, jello, soda, popsicles and Gatorade. (**NO RED COLORING**). No solid food, milk or milk products including non-dairy creamers.

Take the other 2 Dulcolax (bisacodyl) pills at 3 p.m. on _____. Mix the other container of MiraLax with 64 ounces of Gatorade. Start drinking the mix at 4 p.m. Drink one 8-ounce glass every 15-20 minutes. Be sure to drink ALL of the solution.

WHAT TO EXPECT: After 3 hours of drinking prep, stools should be watery and you should be able to see through toilet water. If not, call Physician Exchange at (217) 222-2088.

4. You may continue with clear liquids until 4 hours prior to the procedure.
5. Since you will have a mild sedative after you arrive at the Surgery Center, you must be accompanied by someone who can drive you home after your procedure.
6. You must **DISCONTINUE** the following medications 7 days prior to your procedure: aspirin, Motrin, ibuprofen, Nuprin, Advil, Aleve, any type of arthritis medication, nonsteroidal anti-inflammatory drugs (NSAIDS), iron supplements, vitamins that contain iron, Aggrenox, any blood-thinning medications such as Plavix or Ticlid, and all herbal supplements.
7. Discontinue Coumadin 3 days prior.
8. Please be sure to take any heart or blood pressure medications with sips of water the morning of procedure.
9. You may take Tylenol products or Celebrex.

IF YOU ARE DIABETIC: The day prior to the procedure you may take your oral medication. If on insulin, take only ½ dose of insulin. Do not take oral diabetic medications on the day of the procedure. Only take ½ dose of insulin the morning of the procedure. If taking Byetta, Januvia or Victoza, hold day before procedure and morning of procedure.