

You will be having a colonoscopy to examine your large intestine. You will need to cleanse your bowel for this test. To prepare yourself and ensure your procedure is successful, please follow the instructions below carefully.

1 WEEK PRIOR to your scheduled procedure date:

- Check with your prescribing primary physician or specialist regarding instructions for temporarily stopping medications such as anticoagulants. Those may include Coumadin, warfarin, or Plavix (among others).
- You MAY continue taking aspirin.
- **Please arrange for a responsible adult (18+) to accompany you to your exam. This person will need to be with you at check-in, stay at the facility until you are discharged and drive you home following the test. You may not take a taxi or Uber. You will not be able to drive, operate machinery or make critical decisions the day of your procedure.**

3-5 DAYS PRIOR to your procedure (or as instructed by your physician):

- Avoid seeds, nuts, raw vegetables, beans, raisins, dried fruits or fiber supplements including high fiber cereals.
- Avoid spinach, corn, popcorn, kale and tomato skins.
- Avoid herbal preparations, vitamins or iron preparations.

2 DAYS PRIOR to your procedure: We recommend eating a light dinner this evening. You will be starting on a clear liquid diet in the morning (the day before your procedure).

1 DAY PRIOR to your procedure:

- Begin a “Clear Liquid Diet” from the time you wake up & continue this the entire day. ***No solid food the day prior to your procedure. Only clear liquids- see list below.***
- Mix the bowel prep as directed. You may refrigerate the mixture or leave at room temperature.
- **Follow prep instructions on back of this page.**
- **Avoid recreational drug use (i.e. marijuana)**
- Stay hydrated all day by drinking clear liquids every ½ – 1 hour between prep doses. ***Do not drink only water.***
- If you are diabetic, take half of your usual dose of insulin or oral diabetic medication on this day.

Clear Liquid Diet Options-

- Sports drinks (clear, lemon-lime, orange) **no red, blue or purple coloring**
- Apple or white grape juice, soda with no red, blue or purple coloring
- Clear bouillon, clear broth
- Gelatin (yellow, green, orange) no red, blue or purple
- Fruit flavored popsicles that are not red, blue or purple
- Black coffee or clear tea with no creamer or cream substitutes
- Yellow, green, orange Kool-Aid or Crystal Light to flavor prep
- *******NO DAIRY PRODUCTS*******

THE DAY OF your procedure:

Take nothing by mouth for at least 4 hours before your scheduled procedure time.

- You may brush your teeth
- Continue to take your prescribed medications unless instructed by your physician with a small sip of water. If you are on medications that should be taken with a meal, please wait until after your procedure.
- If you take blood pressure medication, take with a small sip of water the morning of your procedure at least 2 hours before your arrival time.
- If you wear contact lenses or glasses, please bring a contact lens case or eye glass case with you.

- Wear loose-fitting, comfortable clothing. Bring your insurance card and photo identification.
- **You will receive a call from the facility prior to your test confirming your arrival time. Please note, your arrival time may differ slightly from the time you were originally told. Please arrive at the time the facility asks.**
- If you are diabetic, do not take your insulin or oral diabetic medication.

***** **PREP INSTRUCTIONS ON BACK OF PAGE** *****



PREP SOLUTION INSTRUCTIONS: Your physician will prescribe one of the two preps below. All preps start at **6 pm the night before** the procedure; follow instructions for your prescribed prep as indicated:

If your doctor prescribed PEG 3350 solution:

***Prep Step 1: THE NIGHT PRIOR to your procedure at 6pm:**

- Drink ½ the gallon of solution: your doses should be 8 oz. every 15 minutes.
- Drink rapidly rather than sipping.
- If you feel nauseous or bloated; you may wait 20 – 25 minutes between glasses.
- You may add Crystal Light or Kool-Aid to flavor the prep. (no red, blue or purple coloring)

***Prep Step 2: THE DAY OF PROCEDURE- 6 HOURS PRIOR to your procedure time:**

- Drink ½ a gallon of solution: your doses should be 8 oz. every 15 minutes.
- Drink rapidly rather than sipping.
- Remember that you cannot drink anything 4 hours prior to the procedure.

If your doctor prescribed Miralax (Over-the-Counter, 8.3oz/14 dose bottle):

***Prep Step 1: THE NIGHT PRIOR to your procedure at 6pm:**

- Mix the entire bottle of Miralax (238 grams) with 64 ounces (2 liters) of Gatorade (no red, blue or purple coloring).
- Shake the solution until it is dissolved.
- Drink 8 ounces every 15 minutes until ½ the bottle (1 liter) is finished. Return the unfinished bottle back into the refrigerator to be completed the next morning.
- When finished drinking Miralax, please drink an additional 16 ounces of any clear liquid over the next 1 hour.
- If you feel nauseous or bloated, you may wait 20-25 minutes between glasses.

***Prep Step 2: THE DAY OF PROCEDURE- 6 HOURS PRIOR to your procedure time:**

- Finish drinking the remaining liquid in the bottle (32 ounces or 1L) 8oz. every fifteen minutes.
- When finished drinking Miralax/Gatorade mixture, please drink an additional sixteen ounces of any clear liquid you choose over the next 1 hour.
- Remember that you cannot drink anything 4 hours prior to the procedure.

Gastroenterology

Colonoscopy Preparation Instructions



For Additional Tips for Successfully Completing Your Prep:

Visit the Colonoscopy Survival Guide: www.dulyhealthandcare.com/health-topic/the-colonoscopy-survival-guide

Scheduling & Cancellation Policy:

Notify the office as soon as possible to cancel your procedure. **Do not call the facility where you are scheduled.** We require a minimum of 3 business days (72 hours) before your procedure for any cancellations. **No shows or cancellations within 2 days (48 hours) may be assessed a \$125 fee.** Please call 630-717-2600.

Based on the recommendations of The American Society for Gastrointestinal Endoscopy (asge.org), and 2014 US Multi-society Task Force Recommendations http://gi.org/wp-content/uploads/2014/09/MSTF_Guideline_Bowel_Cleansing_Oct_2014.pdf