



## COLONOSCOPY INSTRUCTIONS:

**OVER THE COUNTER:** Miralax 238gm; 64 oz Clear Liquid; Dulcolax (box of 12 tablets); 2-Saline Enemas. **3 DAYS (72 hours) BEFORE PROCEDURE, PLEASE STOP** Aspirin, Blood Thinners (like Plavix, Coumadin etc) and NSAIDS (like Ibuprofen, Motrin, Naproxyn etc) and others like fish oil. If you have any issue stopping these medications, please check with your primary doctor. Your procedure may have to be rescheduled, if these medications are not stopped.

### 1 DAY BEFORE PROCEDURE:

- Start **clear liquid diet**. (suggestions on back.). **NO SOLID FOOD** until after procedure.
- At 10:00 am take 4 dulcolax tablets and again at 8:00 pm take 4 dulcolax tablets.
- At 2:00 pm mix the 238gm bottle of Miralax in 64 oz of **Clear Liquid**. (Shake the solution until the Miralax is dissolved).
- **Drink 1 glass of this MIRALAX SOLUTION every 30-45 minutes or as tolerated until half of the solution.**
- Try to drink as much water/clear **pedialyte** as possible if ok by your physician, so you do not become dehydrated. Continue drinking clear fluids/clear **pedialyte** until bedtime.

### ON THE DAY OF THE PROCEDURE:

- No food or liquids EXCEPT the prep. You may have sips of clear liquids **2 hours** prior to arrival time to wet your lips only.
- **Take remaining half of MIRALAX SOLUTION along with 4 tablets of Dulcolax 6 hours before you arrival time.**
- **You must have a driver** (responsible adult) to take you back home and stay with you until the next day. **Do not drive or operate machinery, sign legal papers or resume regular activity for until next day after procedure. If you do not have a driver, your procedure will have to be rescheduled.**
- Do take all your prescribed medications (except listed above) with small sips of water.
- **Two saline enemas, 2 hours** prior to your arrival time.
- Do not wear nail polish or lotion the day of your procedure.
- You will be given an arrival time, the day before the procedure and your procedure will begin approximately 2 hours after your arrival as this time is needed to complete all the paperwork and pre-op evaluation & prep
- Plan on being there approximately about **4-5 hours**. This may change on day to day basis depending upon complexity of the cases for that day. **Please make sure to inform your driver.**
- Please be aware that many patients are being cared for in the surgery center. Your doctor may be required to spend extra time with patients who are in poor health and have special needs. Therefore your procedure may be delayed. You may wish to bring a book or other item to keep you occupied while waiting.
- **Please bring a list of all your medications to the test and also bring your inhalers if you use any at home.**

\*\*\* If you take any sedatives, narcotics, tranquilizers, and anti-psychotic medications on the day of or day before the procedure then it's your responsibility to give the list along with dosages to the procedure Nurse or MD, otherwise these may interfere and cause complications with the medications given during procedure. \*\*\*

### DIABETIC PATIENTS:

- On the day of the procedure, take half dose of your usual medications (insulin/pills).

\*\*\*If you feel that you need more sugar, then take 2-4 tablespoon of sugar or mix the sugar with 2-3 oz of water and drink it. You can take this sugar and water up to 2 hours before your arrival time if needed. \*\*\*

**WOMEN PATIENTS:** Fertile Age- must provide a urine sample before the procedure. If you are pregnant, please call our office to reschedule the procedure. \*\*\*No breastfeeding for 3 days after procedure\*\*\*

Please make sure you **do NOT bring** any jewelry, or any other valuable items, or extra cash other than needed with you, as we will not be responsible for any loss or extra cash other than needed.! Please make sure to bring your co-payment on the day of your procedure. If you have to bring cash for your copayment, please make sure to pay when you arrive and all other personal items (cash, purse, wallet etc) are left at home or should be given to your ride if you decide to bring with you. We will not be responsible for any lost items.

**Description:** Only the colon will be evaluated during this procedure, unless the doctor sees a need to look at some parts of small intestine.

### Date of Procedure:

\_\_\_\_\_

If you have any questions and/or problems, call us at 323-1200 Mon-Fri 8:30am-5:00pm.

**Advanced Endoscopy Center @ 9802 Stockdale Hwy, Ste. 101 (661) 616-5300 or (661) 323-1200**

**(The facility will call you the day before with the arrival time. If you do not hear from us by 3:00pm, please call (661)323-1200.\*\*\*DO NOT ARRIVE EARLIER THAN YOU ARRIVAL TIME TO AVOID WAIT\*\*\***

\*\*\*\*\*

Disclaimer: These are general prep instructions and not intended to replace the advice of your doctor or healthcare provider. We recommend you to discuss with your primary care physician (PCP) before following these instructions, if you have any questions or special concerns.

# CLEAR LIQUID DIET SUGGESTIONS

Clear Liquid Definition: When you pour this liquid in a glass, you can see through it.

## OK to have:

- **Clear Pedialyte**
- **JELL-O:** any color EXCEPT RED & GREEN.
- **BROTH/BOUILLON:** Clear only. No vegetables, noodles, creams or meat in Broth/Bouillon.
- **FRUIT JUICES:** All Clear juices that contain no pulp are acceptable. White Cranberry juice is acceptable as it contains no red dyes.
- **GATORADE, KOOL-AID, AND POPSICLES**  
These are acceptable. Gatorade you can have any flavor AVOID anything red, pudding pops, creamsicles, and fudgesicles.

## NOT OK to have

- RED JELL-O
- No Vegetables, noodles, creams or meat in Broth/Bouillon
- NO RED, BLUE OR GREEN fruit juices.
- **RED GATORADE, RED KOOL-AID AND RED POPSICLES**

WATER IS FINE: DRINK PLENTY OF IT TO AVOID DEHYDRATION IF NOT CONTRAINDICATED FOR YOUR MEDICAL CONDITIONS. IF NOT SURE, CHECK WITH YOUR PRIMARY DOCTOR.

AVOID SOLID FOOD, DAIRY PRODUCTS, JUICES WITH PULP, RED DYES, AND JELL-O WITH FRUIT.

PLEASE REMEMBER THAT THE OUTCOME OF THE PROCEDURE DEPENDS ON YOUR COOPERATION AND FOLLOWING THE PREPERATION INSTRUCTIONS AS DIRECTED.