

COLONOSCOPY PREPARATION

What you will need to purchase from the store/pharmacy:

- 6 (six) Dulcolax (Bisacodyl) laxative tablets
- 1 (one) 238 gm bottle of Miralax
- 1 (one) 32 or 64 oz bottle of Gatorade (NO RED). Substitutions for Gatorade: Iced Tea, Crystal Light, Ginger Ale, 7-Up, Sprite, Lemonade
- 1 (one) bottle of lemon Citrate of Magnesium

FOR 3 DAYS PRIOR TO YOUR EXAM, PLEASE FOLLOW A LOW RESIDUE DIET. NO SEEDS OR CORN.

TWO DAYS PRIOR TO YOUR EXAM: Take 2 Dulcolax tablets at bedtime (Except Dr. Baig Patients)

THE DAY BEFORE YOUR PROCEDURE:

- Do not eat anything solid (anything you have to chew) the entire day before your procedure.
- You may only have clear liquids all day the day before your procedure. Clear liquids include water, seltzer, tea (no milk or cream), Gatorade, 7-Up, Ginger Ale, Sprite, Jell-O, ice pops, Italian Ice, Lemonade, sherbert, Iced Tea, clear soup broth. Please make sure that none of the aforementioned are red or dark purple in color.
- To prevent hunger, you may drink liquid Sustacal or Vanilla Ensure nutritional supplements – up to 3 cans/bottles until 1 pm. These are not clear but they are acceptable because they are absorbed into the small bowel.
- 30 MINUTES BEFORE YOU START DRINKING THE MIRALAX SOLUTION: Mix the 238 gm Miralax into the 32/64 oz Gatorade (or substitute). This will have to be mixed in a separate container in order for it to mix properly. Shake well until the powder is completely dissolved.
- 3 PM: Take 2 Dulcolax tablets AND start drinking the Miralax solution to finish by 6 pm.
- 6 PM Take 2 Dulcolax tablets
- 10PM: Take 2 Dulcolax tablets AND drink 10 oz of Citrate of Magnesium slowly over 1 hour.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT.

IF YOUR SCHEDULE DOES NOT ALLOW YOU TO START THE PREP UNTIL LATER, PLEASE ADJUST THE TIME 1 OR 2 HOURS ACCORDINLY (i.e. IF YOU START AT 5 PM THEN ADD 2 HOURS TO ALL TIMES ABOVE).

MEDICATION INSTRUCTIONS:

****Please take any blood pressure, cardiac, seizure, and/or asthma medications that you may be on with a sip of water the morning of your procedure.**

****Stop Aspirin, anti-inflammatory meds (Advil, Motrin, Aleve, etc), Vitamins and Iron 7 DAYS prior to your procedure unless otherwise instructed by your physician.**

****Diabetic Patients:** Day of procedure, NO diabetic meds. Day Before Procedure: Take ½ of your AM oral medication and half of your usual insulin dose. Do not take any PM dose of diabetic meds. Please monitor your blood sugar while on liquid diet.

THE DAY OF YOUR PROCEDURE:

Nothing to drink.

No solid food, gum and/or mints.

No smoking.

Do not wear any jewelry or dark nail polish.

TIME INSTRUCTIONS:

There is a chance you may be called the morning of your procedure to come in earlier. The entire process, from the time you arrive at the center until the time you are released from our care, can take up to 3 hours. Please plan accordingly.

DRIVING INSTRUCTIONS:

Be sure that you have a family member or friend to drive you home after your procedure. You may NOT drive yourself or take any public transportation (bus, cab or Uber) unless you are accompanied by a family member or friend.

If you show up for your appointment without a driver to take you home, your procedure will be cancelled.

YOU CANNOT DRIVE FOR THE REST OF THE DAY AFTER YOUR PROCEDURE.

INSURANCE INSTRUCTIONS:

If you have any changes in your insurance before your scheduled procedure, please contact the office so we can acquire proper authorizations or you will be responsible for the bill. Please bring your insurance card(s) and a photo ID. IF you do not have these with you at the time of your procedure, your procedure will not be done until these are presented.

YOU MUST PROVIDE AT LEAST 72 HOURS NOTICE FOR A CANCELLATION OF YOUR PROCEDURE OR YOU WILL BE CHARGED A \$100 FEE.

Please call (609) 586-1319 with any questions.