Deaconess

GASTROENTEROLOGY COLONOSCOPY INSTRUCTIONS

Date: _____ Arrive at: _____

YOU MUST HAVE A DRIVER WITH YOU ON THE DAY OF THE PROCEDURE, BECAUSE YOU WILL BE SEDATED.

Please inform the office if you are on any time of blood thinner so that the proper instructions can be given to you before your procedure.
If you are on a blood thinner, follow these instructions:

- Hold **Aggrenox** 7 days prior to procedure once OK'd by prescribing physician.
- Hold **Plavix** at least 5 days prior to procedure once OK'd by prescribing physician.
- Hold **Coumadin, Brilinta, or Aspirin** 5 days prior to procedure once OK'd by prescribing physician.
- Hold **Pradaxa, Iron, Xarelto, or Eliquis** 3 days prior to procedure once OK'd by prescribing physician.

SUPPLIES: 4 DULCOLAX TABLETS, 238 GRAM BOTTLE OF MIRALAX POWDER, 64 OZ GATORADE (NO RED OR PURPLE)

- You may purchase these supplies at any pharmacy or Walmart. The Miralax is in a large jug and may be behind the pharmacy counter. No prescription is needed.

DAY BEFORE COLONOSCOPY: Begin a clear liquid diet. Drink at least eight glasses of water during the day to avoid dehydration.

- **At Noon:** Take four Dulcolax tablets. Mix 64 oz. of Gatorade with the Miralax powder. Shake well and place in refrigerator. Do not add ice.

- **At 6:00 p.m.:** Drink one 8 oz. glass of the Miralax/Gatorade mixture every 20-30 minutes. Stop after four glasses. You should have drunk half of the mixture.

Day of Procedure: At_____ six hours prior to arrival time to the hospital: Drink an 8 oz. glass of the Miralax/Gatorade mixture every 20-30 minutes until gone. Your stool may appear clear or yellow. This is normal.

DO NOT DRINK ANYTHING ELSE
Make sure to take any cardiac, blood pressure or seizure medications with a small sip of water in the morning of the colonoscopy. Hold all other medications until after the procedure.

Clear Liquids	**NO** RED or PURPLE items
Gatorade, Pedialyte, Powerade	**NO** alcohol
Clear broth, bouillon	**NO** mild or non-dairy creamers
Coffee or tea without milk or creamer	**NO** noodles or vegetables in soup
Carbonated or non-carbonated drinks	**NO** juice with pulp
Kool-aid, Jell-O, Popsicles, Hard candy	**NO** liquid you cannot see through
Juice-no pulp	