

STANDARD COLONOSCOPY PREPARATION INSTRUCTIONS

A. ITEMS IN YOUR PREP KIT FOR YOUR COLONOSCOPY

1. 1 - 238 gram bottle of Polyethylene Glycol (Miralax)
2. 1 Bottle of magnesium citrate
3. 4 Bisacodyl laxative tablets - taped to the side of mixing jug
4. 2 Simethicone chewable tablets - taped to the side of mixing jug
5. 2 Packets of Gatorade Powder
6. 1 Half-gallon container.

B. 5 DAYS PRIOR:

Avoid eating Nuts, Corn, Seeds, Popcorn, Coconut, Mushrooms or Bean sprouts. Otherwise continue to eat a regular diet

C. 2 DAYS PRIOR:

_____ **7:00 PM** - Drink the bottle of magnesium citrate

D. 1 DAY PRIOR:

Low residue diet until 12:00 noon - see attached list of foods

_____ **12:00 noon** - Clear liquids only until 4 hours prior to your procedure

_____ **2:00 PM** - Swallow the 4 Bisacodyl tablets (you may split these and take 2 tablets at 2:00 pm and the remaining 2 tablets at 4:00 pm to help prevent abdominal cramping) - Using the funnel put the entire bottle of Polyethylene Glycol and the 2 packets of Gatorade Powder into the half gallon container. Fill the container with warm water. Shake well and put in the refrigerator.

_____ **6:00 PM** - Start to drink the Miralax/Gatorade solution. Drink an 8 ounce glass every half hour for 2 hours. (4) 8oz glasses. While drinking if you become full, bloated or nauseated take a break and then resume drinking.

CONTINUE TO DRINK AS MANY CLEAR LIQUIDS AS YOU CAN THROUGHOUT THE EVENING.

NO SMOKING OR ANY TYPE OF TOBACCO PRODUCTS AFTER MIDNIGHT.

E. DAY OF PROCEDURE:

_____ - **6 HOURS PRIOR** - Drink 8 ounces of the Miralax solution every half hour for 2 hours until all the solution is gone. When you are finished drinking the solution chew the 2 Simethicone tablets.

_____ - **4 HOURS PRIOR - NOTHING AT ALL BY MOUTH UNTIL AFTER YOUR PROCEDURE -**
This includes water, gum and hard candies

REVIEW THE PROVIDED PATIENT RIGHTS AND RESPONSIBILITIES

**NOT FOLLOWING THESE INSTRUCTIONS WILL CAUSE YOUR PROCEDURE TO BE
CANCELLED**

REMEMBER...POOR PREP = REPEAT COLONOSCOPY

LOW RESIDUE DIET - BREAKFAST ONLY UNTIL 12:00 noon THE DAY BEFORE YOUR PROCEDURE

- Milk
- Boiled, baked or mashed potatoes (without the skin)
- Eggs (poached or boiled)
- White bread
- Applesauce
- Ripe bananas
- Chicken noodle soup
- Coffee with creamer
- Ensure
- Any of the clear liquids listed below

CLEAR LIQUID DIET ALL DAY UNTIL ___ ON THE DAY OF YOUR PROCEDURE

- Clear strained fruit juices (apple, white grape, white cranberry, lemonade)
- Clear broth or bouillon
- Jell-O
- Coffee (black)
- Gatorade
- Ice Popsicles
- Italian ice
- Tea (plain)
- Kool-Aid
- Clear sodas (7-up, Sprite or Ginger Ale)

NONE OF THESE PRODUCTS MAY BE COLORED RED OR PURPLE. ALCOHOLIC BEVERAGES ARE NOT CONSIDERED A CLEAR LIQUID

MEDICATIONS

- STOP ALL CBD oil products 3 days prior to procedure due to issues with remaining oil lingering in the colon and obscuring the view.

- STOP ALL IRON 3 DAYS PRIOR TO YOUR PROCEDURE.

- Take all of your prescribed medications as you normally do up until the day of your procedure with the exception of:

- Effient
- Pradaxa
- Eliquis
- Plavix
- Aggrenox
- Xarelto
- Coumadin

- If you take Coumadin/Warfarin, you must have a Protime/INR drawn at UPMC Carlisle on: ____ .

- The morning of your procedure take all other prescribed medications that you normally take in the morning (with a small sip of water) except the following:

- Medication 1
- Medication 2

- Bring all inhalers with you the day of your procedure.

IF YOU ARE DIABETIC

Insulin Dependent Diabetics: Take ½ of your normal evening dose of insulin the evening prior to your procedure

DO NOT TAKE ANY ORAL OR INJECTABLE DIABETIC MEDS THE MORNING OF YOUR PROCEDURE.-

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A. ITEMS TO PURCHASE FOR YOUR COLONOSCOPY

1. 1 - 238 gram bottle of Polyethylene Glycol (Miralax)
 2. 1 - Bottle of magnesium citrate
 3. 4 Bisacodyl laxative tablets
 4. 64 Ounces of Gatorade – not red or purple
- 2 Simethicone tablets will be given to you with your instructions

B. 5 DAYS PRIOR:

Avoid eating Nuts, Corn, Seeds, Popcorn, Coconut, Mushrooms or Bean sprouts. Otherwise continue to eat a regular diet

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_____ **7:00 PM** - Drink the bottle of magnesium citrate

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_____ **2:00 PM** - Swallow the 4 Bisacodyl tablets (you may split these and take 2 tablets at 2:00 pm and the remaining 2 tablets at 4:00 pm to help prevent abdominal cramping) - Put the entire bottle of Polyethylene Glycol and the Gatorade into a large pitcher. Stir well and put in the refrigerator.

_____ **6:00 PM** - Start to drink the Miralax/Gatorade solution. Drink an 8 ounce glass every half hour for 2 hours. (4) 8oz glasses. While drinking if you become full, bloated or nauseated take a break and then resume drinking.

CONTINUE TO DRINK AS MANY CLEAR LIQUIDS AS YOU CAN THROUGHOUT THE EVENING.

NO SMOKING OR ANY TYPE OF TOBACCO PRODUCTS AFTER MIDNIGHT.

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_____ **- 6 HOURS PRIOR** - Drink 8 ounces of the Miralax solution every half hour for 2 hours until all of the solution is gone. When you are finished drinking the solution chew the 2 Simethicone tablets you were given with your instructions.

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- Eliquis
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- Xarelto
- Coumadin

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