

Colonoscopy Instructions

Your colonoscopy is scheduled for: _____. **One business day prior** to your procedure, please call the Surgery Department at 435-722-6126 **to get your exact check-in time.**

At your local pharmacy or grocery store, purchase:

- Bisacodyl (Dulcolax) (6) tablets
- Miralax powder 238 gram bottle or (2) 119 gram bottles
- 64oz (2 quarts) Gatorade or Crystal Light lemonade or clear liquid of your choice (preferably avoiding RED, OR PURPLE)

If you are diabetic or have kidney disease, use water or Crystal Light instead of Gatorade.

Optional: You may also wish to get some Zinc Oxide ointment (such as Boudreaux's Butt Paste, Critic-Aid Skin Care, or Desitin) to be applied around your anus before/after each BM to decrease irritation from the prep process.

5 DAYS BEFORE COLONOSCOPY:

Stop blood thinners (full strength aspirin, Coumadin/warfarin, Plavix/clopidogrel, brilinta, etc.) Eliquis/apixiban and xarelto/riveroxaban can be taken until 2 days before.

Stop herbal and oil-based vitamins and iron supplements.

Discontinue medicines that stop diarrhea, such as Imodium, kaopectate, and pepto bismol.

Stop fiber supplements such as Metamucil, Citrucel, Fibercon, benefiber and konsyl.

Avoid eating salads and fibrous fruits and vegetables, and those with skins/small seeds (onions, peppers, carrots, celery, beans, corn, potato skins, etc.)

Arrange for a driver to take you home after your procedure.

DAY BEFORE YOUR COLONOSCOPY:

TAKE ONLY CLEAR LIQUIDS ALL DAY / NO SOLID FOOD / NO ALCOHOL

Try to drink at least 8 ounces of clear liquid every hour while awake.

Mix Miralax powder with 64oz (2 quarts) of Gatorade, Crystal Light, or any clear liquid of your choice. Shake well and refrigerate.

At 12 Noon, take (3) bisacodyl (dulcolax) tablets with 8oz of clear liquid

At 1PM, drink half the miralax solution – (4) 8oz glasses. Try to drink one glass every 15-30 mins. If you are too full or have nausea/vomiting, stop for 20-30 minutes, and then start again. Keep the remaining solution refrigerated.

At 5PM, take (3) bisacodyl (dulcolax) tablets with 8oz of clear liquids.

At 6PM, drink the second half of the miralax solution: (4) 8oz glasses. Drink one glass every 15-30 minutes until completed.

The day of your colonoscopy:

NOTHING BY MOUTH, INCLUDING CLEAR LIQUIDS. (STOP ALL LIQUIDS AT LEAST 6 HOURS BEFORE YOUR ARRIVAL TIME.)

You may take your necessary medications (e.g. heart, blood pressure, asthma, and/or seizure medications, but no blood thinners) with a small sip of water.

Someone **MUST** accompany you to the procedure, as you will not be able to drive yourself home.

After your procedure, you may eat your usual diet.