

TWO-DAY COLONOSCOPY PREPARATION INSTRUCTIONS

YOUR PROCEDURE IS AT:

- ❑ **Ridgeline Endoscopy Center:** 6028 S Ridgeline Dr. Suite 100, main door. Suite 100 is through the stained glass door. Arrive 20 minutes early.
- ❑ **McKay-Dee Hospital:** Take main elevator to 2nd floor, turn left, go down hall to Suite 2670, Endoscopy Lab. Arrive 45 minutes early.
- ❑ **Ogden Regional Medical Center:** Go to admitting at the Main Entrance. Arrive 40 minutes early.
- ❑ **Davis Hospital Medical Center:** Enter through door in front on west side of bldg. Door is marked GI Entrance. Arrive 40 minutes early.

Please read ALL of these instructions carefully. THE EXAM CANNOT BE PERFORMED IF YOUR COLON IS NOT CLEAN. YOU MUST COMPLETE ALL OF THE PREP. Your results should be light yellow to clear. If you have any questions after reading these instructions even after hours, please call Utah Digestive Health Institute at 801-475-5400 and someone will return your call.

PATIENTS ON BLOOD THINNERS: If you are taking a blood thinning medication such as Coumadin, Plavix or Aspirin, **CALL YOUR PRIMARY CARE DOCTOR** and **ASK** whether you can **STOP** taking it five (5) days prior to your procedure. If a polyp is found during your colonoscopy and you **HAVE NOT** discontinued your blood thinners three days prior, you may have to repeat the colonoscopy. **REMEMBER – OBTAIN APPROVAL FROM YOUR PRIMARY CARE DOCTOR BEFORE DISCONTINUING BLOOD THINNERS.**

THREE DAYS BEFORE EXAM: **STOP TAKING** Bayer, Aspirin, Anacin, Alka Seltzer, Excedrin, Advil, Mobic, Naprosyn (naproxen), Ibuprofen, Motrin, Aleve or any arthritis pain medication (excluding Celebrex & Bextra.) **WAIT THREE DAYS AFTER your exam BEFORE RESUMING** these medications if we have removed polyps or taken biopsies.

TWO DAY PREP

PURCHASE THE FOLLOWING: 1 bottle of Magnesium Citrate, 2 8.3 oz (238 g) bottles of Miralax, Crystal Light or water, 128 oz of Gatorade, no red, purple or orange.

TWO (2) DAYS BEFORE THE EXAM: Drink Magnesium Citrate first thing in the morning. Drink only clear liquids today.

ONE (1) DAY BEFORE THE EXAM: Start drinking Miralax mixed in Gatorade at noon. Continue drinking the Miralax until stool is clear (can see through it). Continue clear liquids today.

COLONOSCOPY PREP INSTRUCTIONS-

- ❑ **Step 1:** Mix your first 8.3 oz. bottle of Miralax in 64 oz. of any clear liquid, even water
- ❑ **Step 2:** Drink 8 oz. of the Miralax solution until the entire 64 oz. is gone.
- ❑ **Step 3:** Mix half (½) of your second 8.3 oz. bottle of Miralax in 32 oz. of Gatorade, Crystal Light or water
- ❑ **Step 4:** Drink 8 oz. of the Miralax solution until the entire 32 oz. is gone and until the stool is clear (can see through it).

DAY OF EXAM: You can drink as much water as you need to up to four (4) hours prior to your exam, but you **MUST NOT** take anything by mouth after that. And remember, **NO SOLID FOODS.** **BRING** your driver's license, insurance card, **completed Patient History form** and a list of any prescription and over-the-counter medications you are taking with you to your exam. **YOU WILL BE SEDATED** during your procedure and will not be allowed to drive for 12 hours after so **SOMEONE MUST be available to drive you home.** If you plan to ride the bus, use "The Ride" or take a taxi, **YOU MUST** still have a responsible person over the age of 16 accompany you home.

You must complete drinking the Bowel Prep and additional water at least two hours before your procedure time and then have nothing else by mouth. You must finish ALL of the prep. To help reduce nausea we recommend you sip 8 ounces of the Prep over a 30 minute period until all the prep is completed.

Make sure you **stay near a bathroom** while you prep. If your bottom gets sore during the prep you can use baby wipes, Vaseline or Desitin for relief. **If you become nauseated during the prep, stop for one hour and then resume.** Your stool should be of a clear yellow or green watery consistency once you finish the prep. **You must complete the entire prep.** If you have questions the day of the procedure concerning your prep, call 801-475-4900. Colonoscopy preparation can be dehydrating, so make sure you drink plenty of clear liquids all day.

PRESCRIPTION MEDICATIONS: You **CAN** take your regular medications **THE DAY BEFORE** your exam. You **CANNOT** take your regular medications **THE DAY OF** your exam unless you have ok'd it with your doctor. Exceptions - blood pressure and seizure medications **CAN** be taken **THE DAY OF** your exam with water but must be taken at least four (4) hours before your exam.

DIABETICS: Test your blood sugar before coming in for your procedure and bring the reading with you. If you take oral medication for your diabetes, **DO NOT** take it the morning of your procedure. If you have any questions regarding your oral medication or insulin dosages, please contact the physician you are seeing for your diabetes.

NAUSEA: You may take Dramamine if nausea develops. This is an over-the-counter medication and should be taken as directed.

NURSING MOTHERS: After receiving a narcotic anesthetic, you will need to pump and discard your milk twice before nursing your baby again.

CLEAR LIQUID DIET (two days before exam)

A clear liquid diet consists of clear liquids only. The diet is designed to be easily absorbed, with minimal digestive activity, while leaving as little residue in your colon as possible.

FOODS TO EAT

- Water, tea, carbonated beverages, clear juices without pulp
- Clear lemonades or other clear flavored drinks without pulp
- Broths and Jello
- Sugar, honey and syrup (added to tea, etc.)
- Chewing-gum and hard, clear candy

FOODS NOT TO EAT

- All solid foods
- Milk or other opaque liquids (liquids you can't see through) and drinks with pulp
- Your drinks, Jellos or hard candies cannot be red, orange or purple in color