

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 properly cleansed. If you have any questions after reading these instructions, please call your physician.

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 three (3) 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. IF YOU HAVE HAD A HEART VALVE REPLACEMENT IN THE PAST, CONTACT OUR OFFICE ONE WEEK PRIOR TO YOUR PROCEDURE.**

THREE DAYS BEFORE EXAM: **STOP TAKING** Bayer, Aspirin, Anacin, Excedrin, Advil, 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.**

PURCHASE THE FOLLOWING

- Two (2) 8.3 oz (238 g) bottles of Miralax powder (over the counter)
- One (1) small box of Dulcolax tablets (over the counter)
- 96 oz. of Gatorade, water *or* enough Crystal Light packets to make 96 oz. in water (not red, orange, or purple)
- Dramamine may be taken if nausea develops (over the counter)

TWO DAYS BEFORE EXAM: Start Low Residue Diet (diet on back of this page)

DAY BEFORE EXAM: 1. Start Clear Liquid Diet (diet on back of this page) 2. Start Colonoscopy Prep (instructions below)

You may start the prep at 11:00 am the day before the procedure and should be finished by bedtime or you may start later in the day depending on your schedule. Your colonoscopy prep will take a minimum of ten (10) hours to complete no matter what time you begin. 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.** Colonoscopy preparation can be dehydrating, so make sure you drink plenty of clear liquids all day.

COLONOSCOPY PREP INSTRUCTIONS

- Step 1:** Take two (2) Dulcolax tablets just prior to starting step #2
- Step 2:** Mix your first 8.3 oz. bottle of Miralax in 64 oz. of any clear liquid, even water
- Step 3:** Drink 8 oz. of the Miralax solution every 20 minutes until the *entire* 64 oz. is gone. (This should take about 2 hrs 40 min)
- Step 4:** STOP. After you finish the Miralax solution **wait at least four (4) hours BEFORE continuing to Step 5.** It is ok to wait longer than four hours if you need to sleep or rest during this time. **Remember to keep drinking fluids while you prep to prevent dehydration.**
- Step 5:** Mix half (½) of your second 8.3 oz. bottle of Miralax in 32 oz. pf Gatorade, Crystal Light or water
- Step 6:** Drink 8 oz. of the Miralax solution every 20 minutes until the entire 32 oz. is gone. (This should take 1 hr 20 min)

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.

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 take insulin, **BRING** your insulin with you. 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.

LOW RESIDUE DIET (two days before exam)

A low residue diet is a low-fiber diet (10 to 15 grams, or less, of fiber per day) with additional limitations on your intake of milk, milk products and prune juice. The diet is designed to reduce the frequency and volume of your stools by prolonging the time it takes for food to travel through your digestive tract.

FOODS TO EAT

- White breads, dry cereals, white rice, refined pastas
- Limited servings of canned or well cooked vegetables without skins, seeds or pulp
- Tender, ground, and well cooked meat, fish, eggs and poultry; creamy peanut butter
- Milk and yogurt, mild cheese and cottage cheese (max of two (2) cups per day total)
- Butter, mayonnaise, vegetable oils, margarine, plain gravies and dressings
- Broth and strained soups
- Carbonated beverages, tea, clear juices or juices that are pulp free or have been strained

FOODS NOT TO EAT

- Whole grain breads and pastas, corn bread or corn muffins, any other foods made with whole grains
- Strong cheeses, yogurt containing fruit skins or seeds, raw vegetables (except romaine lettuce)
- Tough meat, meat with gristle, highly spiced food and dressings, pepper and hot sauces
- Millet, buckwheat, flax, oatmeal, popcorn, nuts, seeds and crunchy peanut butter
- Beans (all types), peas (all types), corn, broccoli, parsnips and olives
- dried fruits, berries, figs, prunes and fruits and juices containing pulp or seeds
- Prune juice, coffee, caffeinated beverages, chocolate, coconut

CLEAR LIQUID DIET (one day 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