



Colonoscopy 2 – Day Preparation Instructions for Patients

Date: _____ Time: _____ Location: St. Francis Hospital 2nd Floor Suite 202

Items to Purchase:

- ☐ 4 Dulcolax Laxative tablets
- ☐ (2) 8.3 oz bottle of Miralax
- ☐ (2) 64 oz of Gatorade (**NO** red or purple)

One week prior to your procedure:

1. STOP taking all iron pill/supplements and vitamins that contain iron.
2. If you are taking coumadin (warfarin), Plavix (clopidogrel, Aggrenox or Persantine (dipreidamole), Ticlid (ticlopidine), Pradaxa (dabigatran), Eliquis (apixaban), or Xarelto (rivaroxaban), make sure you have been given instructions on when to stop and resume these medications prior to your procedure.
3. You may continue to take aspirin or anti-inflammatory medications (i.e. ibuprofen, naproxyn, etc.) prior to your procedure unless instructed otherwise.

Five days prior to your procedure:

1. Restrict/limit your diet- **Do not** eat nuts, seeds, popcorn, or corn.
2. **Stop** taking any fiber supplements, such as Metamucil, Citrucel, Fiberall, etc.

Two days prior to your procedure:

1. Clear liquids only (see below). **Do not** drink anything that is **RED** or **PURPLE**.
Clear liquid diet only- only the foods listed here are allowed
Soups: Clear bouillon, broth, or consommé
Beverages: Tea, coffee, decaffeinated tea/coffee, Kool-Aid (no RED or PURPLE), carbonated beverages. DO NOT put any milk or cream in your tea/coffee.
Juices: White cranberry, apple, grape, strained lemonade/limeade, orange drink [any juice you can see through and without pulp is acceptable]
Dessert: water ices, Italian ice(s), popsicles, and jello (no RED or PURPLE)
2. At 5:00 pm – Mix the 8.3 oz of Miralax with 64 oz of Gatorade. Shake the solution until the Miralax is dissolved. Drink a total of five (5) 8oz glasses, one glass every 10-15 minute, until finished.

One day prior to the procedure:

1. If you are diabetic, **DO NOT** take any long-acting insulin.
2. Clear liquids only (see below). **Do not** drink anything that is **RED** or **PURPLE**.
Clear liquid diet only- only the foods listed here are allowed
Soups: Clear bouillon, broth, or consommé
Beverages: Tea, coffee, decaffeinated tea/coffee, Kool-Aid (**no RED or PURPLE**), carbonated beverages. **DO NOT** put any milk or cream in your tea/coffee.
Juices: White cranberry, apple, grape, strained lemonade/limeade, orange drink [any juice you can see through and without pulp is acceptable]
Dessert: water ices, Italian ice(s), popsicles, and jello (**no RED or PURPLE**)
3. **At 3:00pm-** Take 4 Dulcolax tablets/pills
4. **At 5:00pm-** mix the 8.3 oz of Miralax with 64 oz of Gatorade. Shake the solution until the Miralax is dissolved. Drink a total of five (5) 8oz glasses, one glass every 10-15 minute, and put the remainder in the refrigerator.



5. Continue drinking clear liquids until bedtime.
6. **At 11:00pm-** drink the remaining Miralax/Gatorade solution before 12am (midnight).
****NOTHING TO EAT OR DRINK AFTER MIDNIGHT (12AM)****

On the day of your procedure:

1. Take your anti-seizure, GERD/reflux, blood pressure, and heart medications with a sip of water.
Do not take any diabetic medications or insulin, and no other medication until after the procedure.
2. NO DRIVING- you will not be able to drive yourself home after the procedure due to sedation medications. Have someone available to drive you home.