

## Colonoscopy 2-Day Preparation Instructions for Patients

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: St. Francis Hospital 2<sup>nd</sup> Floor Suite 202

### Items to Purchase:

- 4 Dulcolax Laxative tablets
- 8.3 oz bottle of Miralax
- 10 oz bottle of Magnesium Citrate
- 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.
4. **Do not** take any diabetes medications the morning of your procedure

### 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. At 8:00pm- Drink one (10 oz) bottle of magnesium citrate

**One day prior to the procedure:** *If you are diabetic, only take half of your regular dose of medications/injections.*

1. Do not take any long-acting insulin the night before the procedure.
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. Arrive 2 hours before your procedure time so you can be registered, change clothes, and sign paperwork.
2. Take your anti-seizure, GERD/reflux, blood pressure, and heart medications with a sip of water. No other medication until after the procedure.
3. Do not take any diabetic medications or insulin the morning of the procedure.
4. 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.