

## COLONOSCOPY PREPARATION INSTRUCTIONS

You have been scheduled for a colonoscopy at \_\_\_\_\_ on \_\_\_\_\_.

### Important:

- A completely cleansed colon is required for your colonoscopy. If you do not follow these instructions, your procedure may be rescheduled.

### What is a Colonoscopy?

A colonoscopy is a procedure to check for polyps, cancer, and other conditions inside your large intestine. You will be given anesthesia, and a doctor will use a small camera to examine your colon. Polyps may be removed, and biopsies may be taken. Most patients do not remember the procedure afterward.

### Why Proper Bowel Prep is Essential

If your colon is not properly cleaned, the doctor may not detect potential health concerns. This would result in rescheduling your procedure and repeating the preparation process.

**Supplies to Purchase** - All medications listed are available over-the-counter

- Two 8.3 oz bottles of MiraLAX (or generic equivalent)
- 128oz of Gatorade – (no red or purple flavors)
  - If you are Diabetic: Substitute with Pedialyte or Crystal Light.
- One box of Dulcolax (bisacodyl) 5 mg tablets

### Other Information

- The colonoscopy center will call you the day before your procedure with your arrival time and any other information related to your procedure.
- You may receive up to 4 separate bills: 1-facility, 2-physician, 3-pathology, 4-anesthesia

**If you are taking any of the following listed medications, please contact our office immediately to determine if you need to stop taking this medication prior to your procedure.**

<b>Dulaglutide</b> (Trulicity)	<b>Teduglutide</b> (Gattex)
<b>Semaglutides</b> (Ozempic, Rybelsus)	<b>Exenatide</b> (Bydureon bcise, Byetta)
<b>Tirzepatide</b> (Mounjaro)	<b>Lixisenatide</b> (Adlyxin)
<b>Liraglutide</b> (Victoza, Saxenda)	<b>Albiglutide</b> (Tanzelum)

## 7 DAYS BEFORE YOUR COLONOSCOPY : \_\_\_\_\_

- Stop taking any non-steroidal anti-inflammatory medicines (NSAIDS). Over the counter NSAIDS include: Ibuprofen, Aspirin, Advil, Excedrin. **If your doctor prescribed any NSAIDs, let us know so we can get approval from them before your colonoscopy.**
- If you take blood thinners such as Plavix (Clopidigrel), Coumadin (Warfarin), or Xarelto (rivaroxaban), talk to your prescribing physician to make sure it's safe to stop them 7 days before your procedure.

## 3 AND 2 DAYS BEFORE YOUR COLONOSCOPY : \_\_\_\_\_

- Begin a low fiber diet. This means **NO** raw vegetables, raw fruits, or whole grains (such as whole grain bread, popcorn, nuts, seeds, or oatmeal).
- **Items that you can eat include:** Potatoes and other starchy vegetables, rice, pasta, white bread, dairy, meat, smoothies, puddings, sodas of all colors and coffee (with cream and sugar is okay).

## 1 DAY BEFORE YOUR COLONOSCOPY : \_\_\_\_\_

- **NO SOLID FOOD.**
- **Drink only clear liquids:** Broth, Jell-O, Gatorade, apple juice, tea, black coffee (no milk/cream), soda, popsicles (no fruit or seeds), gummy or hard candy, and water.
- **Avoid alcohol.**

### Bowel Prep Instructions:

1. Mix **one bottle** of MiraLAX with **64 oz. of Gatorade** and refrigerate.
2. At **2:00 PM**, take **4 Dulcolax (bisacodyl) tablets** with water.
3. At **4:00 PM**, start drinking the first 64 oz. of prep mixture.
  - Drink **8 oz. every 15 minutes** until finished.
  - Continue drinking clear fluids to stay hydrated. We recommend 8-16oz every hour.

**Diabetic Patients:** Take half of your usual dose of long-acting insulin the night before your colonoscopy.

## DAY OF YOUR COLONOSCOPY: \_\_\_\_\_

- **NO FOOD, CANDY, OR GUM FOR YOUR SAFETY.**
- **Medications:** Do not take diabetes medications, diuretics (Lasix, Furosemide), or blood pressure medications ending in "-pril" or "-artan."
- **6 Hours Before Arrival:** Drink the second 64 oz of prep solution (8 oz every 15 minutes).
  - **Finish at least 4 hours before arrival** (even if it means waking up in the night).
- **Up to 2 Hours Before Arrival:** Clear liquids only.

### What to Bring

- Insurance card, photo ID, list of medications.
- Ostomy patients: Bring extra supplies.
- Wear comfortable clothes.
- You must have an adult driver to take you home after the procedure.
- If you live more than one hour away, consider wearing an adult brief to avoid accidents.

### After Your Colonoscopy

- You will be monitored for 30 minutes before discharge.
- Your doctor will review results and provide instructions to follow at home.
- Your driver will sign you out before you can go home.
- You cannot drive or return to work for at least **12 hours.**

## FREQUENTLY ASKED QUESTIONS

### **Q: What are the side effects of the “bowel prep”?**

**A:** Expect frequent diarrhea starting within minutes to 3 hours after drinking the prep. Use baby wipes or barrier cream (Aquaphor, A&D ointment) to prevent irritation. Mild bloating and discomfort are normal. Rarely, nausea or vomiting occurs—if this happens, stop prep and call our office at **801.263.1621**.

### **Q: How do I know if my prep is working?**

**A:** Your stool should be **clear and yellow, with no solid particles**.

### **Q: My prep hasn't started working yet—is that okay?**

**A:** Some people take longer to respond. If no bowel movement after 3 hours, ensure you're drinking enough fluids. If still no results after finishing the first prep, take the second part and continue drinking fluids. If it still does not work, call our office.

### **Q: Can I drive myself home after my procedure?**

**A: NO.** You will be under anesthesia and must arrange for a responsible adult to drive you home.

## COLONOSCOPY CHECKLIST

### **BEFORE YOU START YOUR BOWEL PREP:**

- ☐ Read all of your instructions carefully
- ☐ Purchase MiraLax, Gatorade, and Dulcolax
- ☐ Confirm medication instructions with your doctor
- ☐ Arrange a driver to take you home

### **THE DAY BEFORE YOUR COLONOSCOPY:**

- ☐ Clear liquids only for all meals
- ☐ Take 4 Dulcolax tablets at 2:00 PM
- ☐ Start first 64 oz. of prep at 4:00 PM
- ☐ Drink 8-16 oz. of clear fluids every hour
- ☐ Diabetics: Take half of long-acting insulin dose

### **THE DAY OF YOUR COLONOSCOPY:**

- ☐ No solid food until after your procedure
- ☐ Start second 64 oz. of prep 6 hours before arrival
- ☐ Finish prep at least 4 hours before arrival
- ☐ No liquids 2 hours before your procedure
- ☐ Arrive on time with your driver
- ☐ Do not take diabetes meds, diuretics, or blood pressure meds ending in “-pril” or “-artan”

**\*If you have any further questions or you need to reschedule your exam please contact our surgery scheduler at 801.263.1621**