

Instructions:

Here's a checklist of things to do as you prepare for your colonoscopy. As you do each one check it off the list by marking an "X" in each box. Make sure each box has been checked prior to coming in for your procedure.

Before You Start

- Read these instructions carefully
- Purchase an 8.3 ounce bottle (14 day supply) of Miralax or a generic equivalent of this medication. This is available at pharmacies without a prescription.
- Purchase 64 ounces of Gatorade (or Pedialyte if diabetic). **Do not purchase a red or purple colored flavor.**
- Make sure you have no questions about your medications. If you do, call your doctor.
- Make sure you've made arrangements for someone to drive you home from the colonoscopy.

One Day Before Your Colonoscopy

- Eat breakfast - clear liquids only, no solid foods
- Eat lunch - clear liquids only, no solid foods
- Eat dinner - clear liquids only, no solid foods
- Take one-half of the bowel prep in the evening as instructed.
- Drink plenty of clear liquids throughout the day.
- If you have diabetes and take Lantus take only ½ your typical dose.

Day Of Your Colonoscopy

- Do not eat any solid food until after the colonoscopy.
- Take the second part of bowel prep as instructed, starting 4 hours before and finishing at least 2 hours before your colonoscopy appointment.
- After you complete the prep do not take any other liquid or food.
- Arrive 45 minutes before the scheduled time accompanied by an adult who will be available to drive you home.
- Do not take any diabetes medicine, diuretics (e.g. Lasix), or blood pressure medicine that ends with "-pril" or "-artan."

If you need to cancel your appointment, please contact the office at least five (5) days prior to your procedure. If the office does not receive cancellation 36 hours prior to your procedure a fee of \$125 will be applied. For your convenience, there is an after-hours cancellation line.

7 DAYS BEFORE YOUR COLONOSCOPY

- You should stop taking non-steroidal anti-inflammatory medicines (e.g. ibuprofen) and Aspirin **unless** it has been prescribed by a doctor.

If you take Plavix (Clopidigrel), Coumadin (Warfarin), or other blood thinning/anticoagulation medicines then you should discuss what to do with your doctor.

3 and 2 DAYS BEFORE YOUR COLONOSCOPY

- **What to eat:** Begin a low fiber diet. This means avoiding vegetables (e.g. leafy vegetables), fruits, or grains (such as whole grain bread, popcorn, or oatmeal).
- Purchase 64 ounces of Gatorade (do not purchase a red or purple colored flavor and purchase Pedialyte if you have diabetes), as well as an 8.3 ounce bottle (14 day supply) of Miralax or a generic equivalent of this medication. This is available without a prescription.

If you are prone to constipation, we suggest you purchase two 14 day supplies of Miralax (or generic equivalent). Save one bottle for the day before the colonoscopy prep (see below). From the other bottle take 1 dose of Miralax (mixed in 8 ounces of water) in the morning and evening.

1 DAY BEFORE YOUR COLONOSCOPY

- **What to eat:** You must not eat any solid foods the day before your colonoscopy. You may **ONLY** eat a clear liquid diet, including clear broth, Jell-O, and popsicles.
- **What to drink:** You must drink only clear liquids for breakfast, lunch, and dinner. Be sure to drink plenty of liquids throughout the day. Liquids you **CAN** drink include water, black coffee, tea, apple juice, soda pop, club soda, and sports drinks such as Gatorade. Liquids you can **NOT** drink include milk, orange/pineapple juice, coffee with cream, and alcohol.
- **Taking your "bowel prep":** For your procedure we recommend a "split prep", which means you will take one half of the prep the evening before the test, and the other half the day of the test. Mix the Miralax powder (or generic equivalent) with 64 ounces of chilled Gatorade (if diabetic use Pedialyte). Shake well. Drink one 8 ounce glass of this solution every 15 minutes until one half (32 ounces) is completed. After you are done, you can **ONLY** consume clear liquids. We recommend drinking 8-16 ounces of clear liquid to help prevent dehydration. Do **NOT** have any solid food until after the colonoscopy is completed.

- **Medications:** If you have diabetes we recommend you take only one-half the dose of long acting insulin (e.g. Lantus) the night before the colonoscopy.

DAY OF COLONOSCOPY

- **What to eat:** You must not eat any food, suck candy, or chew gum until AFTER the colonoscopy is over.
- **What to drink:** You may drink water, black coffee (without sugar, milk or cream), apple juice, soda pop, or club soda. Stop drinking these liquids at least 3 hours before the colonoscopy.
- **Medications:** Do **NOT** take any medication for diabetes, diuretics (such as Lasix/Furosemide), or blood pressure medicine that ends in "-pril" or "-artan". You may take your other medications with a small amount of liquid up to four hours before the colonoscopy.
- Taking your "bowel prep": You should have already completed one-half of the prep the night before the procedure. You will take the prep just as you had done the night before. Drink one 8 ounce glass of this solution every 15 minutes until completed. **You must take the second half of your prep starting 4 hours before the time your colonoscopy is scheduled, and finish it at least 2 hours before, even if that means having to get up very early.** For example, if your colonoscopy is scheduled for 1:00PM then take the second part of your prep at 9:00AM and finish by 11:00AM the morning of your colonoscopy. If your colonoscopy is scheduled for 9:00 AM then take the second part of your prep at 5:00AM and finish by 7:00AM the morning of your colonoscopy. We know it is hard to get up this early, but it is very important to take the second part of your prep 4 hours before your colonoscopy in order to get the best results.

After you complete the prep do not take any other liquid or food. Arrive 45 minutes before your scheduled appointment accompanied by an adult who can drive you home after the test.

Please leave all personal items at home **EXCEPT** for your insurance card. The Scarsdale Medical group is not responsible for any lost or damaged items.