

Colonoscopy Prep Instructions

Bowel Preparation Instructions

You are to purchase the following:

- Miralax, one 238 gm bottle (no prescription needed)
- Four Bisacodyl tablets (no prescription needed)
- Vaseline or A & D ointment
- Gas relief medication (Gas-X, Phazyme, or Mylicon only, no prescription needed)
- Gatorade or Crystal Light 64 oz (nothing red or purple) to mix with Miralax
- Additional clear liquid (see list below)

Notify your physician if you are taking any blood thinners.

You will need to stop any blood thinners such as Aspirin, Plavix, or Coumadin **FIVE (5) DAYS** before the procedure takes place. Tylenol is safe to use prior to your test. Other arthritis medications should not be taken for **TWO (2) DAYS** prior to the procedure. Iron containing products should be held for **THREE (3) DAYS** prior to your test.

DO TAKE (as regularly scheduled) - heart or blood pressure medication, tranquilizers, antidepressants, sleeping pills.

DO NOT TAKE your insulin, diabetes pills the morning of your procedure. You may take ½ your usual dose after the procedure and before your next meal.

Three (3) days before procedure, begin Low Residue Diet (See attached - Low Residue Diet Options)

The Day before the Procedure

- Before 9 A.M., you may have a light breakfast the morning before the procedure. You may have one of the following: Boiled egg, ½ skinless chicken breast, turkey, or white fish, white toast (no butter), one can of Ensure (NOT ENSURE PLUS).
- After 9 A.M. you may have **clear liquids only** the rest of the day

Clear liquids include - Chicken Broth, Beef Broth or bouillon cube, water, coffee (no milk or creamer), tea, Gatorade, soda, fruit juice, Kool-Aid, Popsicles, Jell-o (nothing red, purple and nothing with pulp). You may have hard candy.

- At 3 P.M. take 2 Bisacodyl tablets.
- At 5 P.M. mix the 238 gm bottle of Miralax in 64 oz. of liquid (Gatorade or Crystal light), shake or stir until it is dissolved. (You can do this up to 24 hours in advance).
- You will need to drink 8 oz. of the mix every 15 minutes until it is gone.
- At 8 P.M. take the last 2 Bisacodyl tablets, and take a double dose of your gas relief medication.

- Continue to drink clear liquids the rest of the evening. Use Vaseline or A & D ointment around the rectum as needed to prevent irritation.

The Morning of the Procedure

- You may drink enough liquid to take your medication (meds listed in the “DO TAKE” section)
- Before you leave home, use Vaseline or A & D Ointment around the rectum to protect the skin.
- You must have a driver, as you are NOT allowed to drive yourself to or from the procedure. **YOUR DRIVER MUST STAY IN THE WAITING AREA DURING YOUR PROCEDURE.** You will need for someone to stay with you during the rest of the day.
- Please bring a list of all of your medications.
- You are not allowed to do the following: Drive, operate equipment, make any important decisions, or engage in activities that require mental alertness until the next morning after your procedure.
- Your doctor will discuss the results of your test with your driver, unless otherwise instructed.

If you have any questions about these instructions, please call us at 205-838-3034, select Option #4 then Option #2. If we are not available, leave a message and we will call you back.