

A colonoscopy is an examination of the colon (large bowel) with a flexible lighted tube about the size of your ring finger, which transmits a live color image onto a television screen. A good bowel prep is essential for an accurate and successful procedure. These instructions will help maximize the ease, safety and success of your preparation.

## ONE WEEK BEFORE COLONOSCOPY:

- If you have an artificial heart valve, pacemaker or an internal defibrillator; are taking Coumadin, Warfarin or Plavix; or have had a joint replacement within the past 6 months, please consult with your physician regarding specific instructions.
- Purchase at the pharmacy, then follow the instructions below.
  - Miralax OTC (two 119g bottles)
  - Bisacodyl (two 5 mg tablets)
  - Gatorade/G2 (two 32 oz bottle - **no red/purple**) or Electro Mix (2 packets - mixed with 64 ounces of water)
  - Clear liquids of choice (fruit juices without pulp i.e. apple, white grape, water, clear broth bouillon, coffee without cream, lemon-lime soft drinks, jell-o, popsicles - **nothing red/purple**).

## THREE (3) DAYS BEFORE COLONOSCOPY:

- Do not eat popcorn, seeds, nuts, multigrain bread, salad, cheese or high-fiber foods for the three days before the procedure.

## ONE DAY BEFORE COLONOSCOPY:

- If you are diabetic, take ½ your regular insulin dose the day before and morning of the procedure. Do not take oral glucose medication the morning of the procedure.

## PREPARING FOR YOUR COLONOSCOPY:

- Eat a light breakfast before 10:00am the day before your procedure - see attached sheet of approved items.
- Drink only clear liquids after **10:00am** on the day before the procedure. **Do not eat solid food after 10:00am.**
- Mix each of the 119g bottles of Miralax powder per 32oz of Gatorade or Electro Mix. Refrigerate.
- The afternoon prior to the procedure at **~4:00 pm**, take the two Bisacodyl tablets with a glass of water.
- At **6:00pm**, drink 32oz of the Miralax mix. Drink one 8oz glass of the 1 liter/32oz Miralax mix every 15 minutes until the entire 1 liter/32oz mix is finished (about 1 hour).
- The morning of your procedure **four hours before your colonoscopy**, complete the second 32oz of the Miralax mix. Drink one 8oz glass of the 1 liter/32oz miralax mix every 15 minutes until the entire 1 liter/32oz mix is finished (about one hour).
- **Please do not ingest anything by mouth within 3 hours of your procedure, or it may be canceled.**

## DAY OF PROCEDURE:

- Heart, blood pressure or seizure medication may be taken as usual early the morning of your procedure with small sips of water.
- **You must be accompanied by a friend or relative to drive you home, or your procedure will be canceled.**  
You may not go home alone by taxi or bus.

**TIPS:**

- Some bloating and cramping is normal and will improve once diarrhea begins. If you develop nausea or vomiting, take about an hour break from drinking the solution before resuming.
- To help avoid dehydration, drink at least 64oz of clear liquids before starting bowel prep.
- To help decrease perianal irritation, consider using wet wipes and barrier cream (eg. A&D, Desitin, or Vaseline) as needed.

**For questions, please call (970)926-6340 and ask to speak with Dr. Laird's scheduler.**