

# Colonoscopy Preparation Instructions

## WHAT YOU WILL NEED TO OBTAIN TO PREPARE FOR THE PROCEDURE:



High Point Surgery

These are all available, without a prescription, at any pharmacy and in most grocery stores

1. Four (4) DULCOLAX Laxative Tablets: (Be sure you get laxatives and not stool softeners.)
2. One 238 gram (14 doses) bottle of MIRALAX
3. 64 ounces of Gatorade (**not red or purple in color**)
4. Two (2) Gas X tablets

## THE DAY BEFORE THE PROCEDURE:

From the time you get up in the morning, you are on a clear liquid diet the whole day. You may **NOT** have:

- Any solid foods (including non-dairy creamers) other than popsicles or Jello (**not red or purple in color**)
- Any dairy products
- Anything red or purple in color—such as fruit juices, sports drinks, soda pops or wine (the dyes pass into the colon and may be misinterpreted as blood).

You **MAY** have:

- Water (bottled or tap)
- Clear broths and clear fruit juices (such as apple, white grape, white cranberry-- **not red or purple in color**)
- Soda pop, sports drinks and vitamin waters that are **not red or purple in color**
- Coffee and tea (**without cream**)
- Jello and Popsicles that are **not red or purple in color**

## **BOWEL PREPARATION SCHEDULE:**

**3:00 p.m.** Take all 4 Dulcolax tablets with a clear liquid, continue drinking clear liquids

From this time forward remain close to a bathroom

**5:00 p.m.**

- Mix the 238gm bottle of Miralax with the 64 ounces of Gatorade
- Mix or shake solution until the Miralax is dissolved
- Drink an 8-ounce glass every 10-15 minutes until ALL solution is gone
- Continue drinking clear liquids until bedtime.

**Bedtime**

- Take both Gas X tablets

**\*\*\*Follow all directions carefully to avoid incomplete cleaning of the colon, which may result in a failed procedure and the necessity to repeat the entire process at a later date with a two-day prep\*\*\*.**

Diabetic patients: \_\_\_\_\_

Patients on blood thinners: \_\_\_\_\_

**\*\*\*DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT THE DAY GOING INTO YOUR PROCEDURE, OR YOU MAY HAVE TO BE RESCHEDULED\*\*\***

## ON THE DAY OF THE PROCEDURE: \_\_\_\_\_

Please take only blood pressure, seizure, pain & acid reflux medications, with just a little bit of water. You may shower, wash your hair, and brush your (just rinse and spit, do not swallow the water) \*\*\*Our office will contact you the day before your procedure with time starting at 1:40 PM. Wear comfortable clothing to go home in, nothing tight at the waist.

**Take a pictured ID (such as your driver's license) and insurance cards to the facility.**

**\*\*YOU MUST HAVE SOMEONE DRIVE YOU HOME\*\*** Due to sedatives administered to you for the procedure the facility cannot release you without someone to drive you home.

**Any questions please visit [www.highpointsurgery.com](http://www.highpointsurgery.com). You may also contact us with additional questions at (970) 497-7925. Please be prepared accordingly for your procedure. Thank you.**