

**COLONOSCOPY DATE AND TIME:** \_\_\_\_\_

**DIGESTIVE HEALTH ASSOCIATES 4445 S 10 TH STREET, TERRE HAUTE, IN 47802; PH 812 814 3417. Fax : 812 814 9707; [www.dhagastro.com](http://www.dhagastro.com); REGIONAL HOSPITAL, TERRE HAUTE, IN: - Ph. NO: 812 232 0021; ST VINCENT CLAY, BRAZIL, IN Ph:- NO. 812 442 2500**

IMPORTANT - Please Read These Instructions at Least 2 Weeks Before Your Colonoscopy

Key Instructions: Your doctor has scheduled you for a colonoscopy. To have a successful colonoscopy your colon must be clear of any stool. Follow all of the instructions in this handout EXACTLY as they are written. If you do not follow the directions, your procedure may be canceled. **If you wish to cancel your procedure, please call our office at least 7 days before the procedure to avoid a procedure cancellation fees. This way we can offer your cancelled spot to another patient on the waiting list.**

- Do NOT eat solid food the ENTIRE day before your colonoscopy.
- Buy your bowel preparation at least 5 days before your colonoscopy.
- Do NOT mix the solution until the day before your colonoscopy.
- A responsible family member or friend MUST drive you home from the procedure. You are NOT ALLOWED to drive, take a taxi, bus or car service, or leave the Endoscopy Center ALONE. If you do not have a responsible driver (family member or friend) with you to take you home, your exam cannot be done with sedation and may be canceled. You MUST remain in the endoscopy center until you recover from sedation. The entire process from arrival to discharge may take 4-6 hours.
- You are not be permitted to drive, drink alcohol, operate machinery or sign any legal documents for 24 hours after the sedation.
- Please bring a list of known allergies, current medications, a list of medical conditions and surgical history.

**Medications The day before your colonoscopy:** Some of the medicines you take may need to be stopped or adjusted temporarily before your colonoscopy.

- Blood thinners -- such as Coumadin® (warfarin), Plavix® (clopidogrel), Ticlid® (ticlopidine hydrochloride), Agrylin® (anagrelide), Xarelto® (Rivaroxaban), Pradaxa® (Dabigatran), Eliquis® (Apixaban), and Effient® (Prasugrel). You must speak with your prescribing physician or the specialist performing the procedure at least 2 weeks before the scheduled test. Do not stop these medications without the consent of your physician. Do not stop aspirin. **AVOID non-steroidal anti-inflammatory medications, such as Aleve, Motrin, Advil, Ibuprofen, Vioxx or Celebrex.**

**Insulin and diabetes medications** • Please call the doctor that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required with this bowel preparation. **The following is some information to guide you:**

- If you take a pill to lower your sugar, do not take it on the day of your procedure.
- If you are taking regular insulin®, do not take it on the day of your procedure.
- If you are taking long-acting insulin (NPH), take half of your prescribed dose on the morning of the procedure.
- If you are taking any other insulin preparation, such as Lantus®, Humalog® or 70/30 insulin, contact your prescribing physician for instructions.
- Take ALL other prescribed medicines with a sip of water on the day of your colonoscopy except ACE inhibitors like lisinopril, benazepril or ARBs – Olmesartan etc

**FIVE (5) DAYS BEFORE YOUR COLONOSCOPY** • Do NOT take products that contain iron -- such as multivitamins -- (the label lists what is in the products). You need to buy the

following (no prescription needed): • One 64-ounce or two 32-ounce bottles of Gatorade®, Propel®, Crystal Light® or other noncarbonated clear liquid drink (no red colors). If you have diabetes, you may use sugar-free Gatorade. • Dulcolax® (bisacodyl) laxative tablets (not suppository or stool softener, you will need 3 tablets for the prep). • MiraLAX® 238 grams (8.3 ounces) powder or generic polyethylene glycol 3350 (can find in laxative section).

**THREE (3) DAYS BEFORE YOUR COLONOSCOPY** Avoid high-fiber foods -- such as popcorn, beans, seeds (flax, sunflower, and quinoa), multigrain bread, nuts, salad/ vegetables, fresh and dried fruit. Avoid fiber supplements -- such as Metamucil®, Citrucel®, or Konsyl®.

**ONE (1) DAY BEFORE YOUR COLONOSCOPY** Only drink clear liquids the ENTIRE DAY before your colonoscopy. Do NOT eat any solid foods. The clear liquids you can drink include: • Water, apple, or white grape juice; fat free broth; coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade® or other sports drinks (not red); Kool-Aid® or other flavored drinks (not red). You may eat plain jello or other gelatins (not red) or popsicles (not red). Do NOT drink alcohol on the day before or the day of the procedure.

**When to Drink Your Bowel Prep The day before your colonoscopy:** In a pitcher mix the 8.3 ounces of MiraLAX® with the 64 ounces of Gatorade®. Stir/shake the contents until the entire contents of MiraLAX® are completely dissolved. Chill if desired. Do NOT add ice, sugar or any other flavorings to the solution. Split dosing Prep (split dose is considered best option)

**Morning Appointments (Before 12 noon) Step 1.** • One day before colonoscopy At 5 p.m., take 3 tablets of Dulcolax® laxative pill with water by mouth. Take 1 bottle of Magnesium Citrate 10 oz bottle. • At 7 p.m., drink the first half of the Gatorade®/MiraLAX® solution. Drink one 8-ounce glass every 10 minutes. You may drink it directly or through a straw. You may continue to drink clear liquids only until midnight.

Step 2. On the day of colonoscopy. At Midnight • Take the second half of the Gatorade®/MiraLAX® solution. Drink one 8-ounce glass every 10 minutes until completed. Please do not consume anything else by mouth after the Gatorade/Miralax solution is completed. **You may continue to drink clear liquids up to 3 hours before the Arrival Time.** Finish drinking all your prep at least 3 hours before your arrival time.

**Appointments (After 12 noon) Step 1.** • The day before colonoscopy At 5 p.m., take 3 tablets of Dulcolax® laxative pill with water by mouth. Take 1 bottle of Magnesium Citrate 10 oz bottle. • At 7 p.m., drink the first half of the Gatorade®/MiraLAX® solution. Drink one 8-ounce glass every 10 minutes. You may drink it directly or through a straw. You may continue to drink clear liquids only until midnight.

Step 2: On the day of colonoscopy • At 2 a.m. start drinking the second half of Gatorade®/MiraLAX® solution. Drink one 8-ounce glass every 10 minutes until completed. Make sure you finish by 8 a.m. • **You may continue to drink clear liquids up to 3 hours before the Arrival Time.** Finish drinking all your prep at least 3 hours before your arrival time.