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COLONOSCOPY PREP DULCOLAX/MIRALAX WITH GATORADE

TWO WEEKS BEFORE PROCEDURE

- **Insurance Coverage:** It is very important that you contact your insurance company to verify if your test will be covered or not. It is your responsibility to notify our office immediately of any changes to your insurance prior to your procedure.
- **Bowel Prep:** Pick up your bowel prep prescription from your pharmacy. If you have problems obtaining your prescription, then please call the office at 773-281-5818 immediately. Please DO NOT wait until the day before your procedure.
- **Cancellation Policy:** If you must cancel or reschedule your procedure, then please call at least 2 weeks in advance so your appointment can be utilized by other patients in need. Last minute cancellations will be subject to a \$100 cancellation fee.
- **Transportation:** Since you will receive IV anesthesia for this procedure, you may not drive yourself home. Please make sure to have arrangements for a ride home. Hospital policy requires a responsible person over the age of 18 to provide transportation after your procedure or to accompany you home. No taxis, ride shares (i.e. Uber, Lyft) or public transportation (CTA, Metra, etc.) are allowed without someone to accompany you home. Failure to comply may result in cancellation of your procedure.

SEVEN DAYS BEFORE PROCEDURE

- Stop taking iron supplements and any of the following medications- warfarin (Coumadin), clopidogrel (Plavix), ticagrelor (Brilinta), prasugrel (Effient).
- Continue taking aspirin unless otherwise instructed by your physician.

THREE DAYS BEFORE PROCEDURE



- Avoid corn, popcorn, foods with seeds, nuts and raw fruits and vegetables.

TWO DAYS BEFORE PROCEDURE

- Stop taking the following medications- rivaroxaban (Xarelto), apixaban (Eliquis).

DAY BEFORE OR 24 HOURS BEFORE PROCEDURE

- After waking up in the morning, start a clear liquid diet- NO SOLID FOOD.
 - Consume **ONLY THE FOLLOWING:**

Broth 	Italian Ice (No Fruit) 	Popsicles 	Jell-O 	Water 	Black tea/coffee (no milk or cream) 
Soda 	Crystal Light 	Hard Candy 	Fruit juice without pulp 	White grape juice 	Coconut water 

- Drink at least 1 large glass (8 oz) of clear liquids every hour until you go to bed.
- Do NOT consume any liquids with red, blue purple, or orange food coloring.
- Clear liquids should ONLY be consumed up until bedtime- **no clear liquids after midnight.**

THE EVENING BEFORE YOUR PROCEDURE:



- At 4:00 PM take **FOUR (4) Dulcolax tablets**. (5 MG tablets)
- At 5:00 PM mix the **8 oz bottle of MiraLAX** with **64oz of Gatorade** (No Red or Purple)
- Drink an 8-ounce glass of MiraLAX solution every 15 minutes until it is halfway through
- Refrigerate the remaining half of the solution for the morning of your procedure
- Drink plenty of water throughout the day

AFTER MIDNIGHT BEFORE PROCEDURE

- **DO NOT CONSUME ANY ADDITIONAL CLEAR LIQUIDS AFTER MIDNIGHT, EXCEPT FOR THE SECOND HALF OF YOUR BOWEL PREP.**

DAY OF PROCEDURE:

- You will need to drink the 2nd half of preparation 4-5 hours before your test.
The same way you did the night before.

THREE HOURS BEFORE PROCEDURE

- Nothing further by mouth except for medications which can be taken the morning of your procedure. Medications may be taken with a few sips of water- do NOT drink a whole glass. Diabetics- do not take diabetic medications the day of your procedure and check your blood sugar in the morning prior to hospital arrival.
- Any liquids consumed within 3 hours of your procedure time will result in procedure delay and/or cancellation by anesthesia.

Any questions please contact the office at 773-281-5818.