

## COLONOSCOPY PREPARATION INSTRUCTIONS

*Read at least 7 days prior to be prepared when the nurse calls*

Procedure Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ (provided to you 7 calendar days in advance)

### You will need to buy six things:

1. EZ2GO/ MiraLAX Powder® /Polyethylene Glycol: 238 grams (same medication/different names)
  2. Bisacodyl/Dulcolax® Laxative Tablets 6 pills of 5mg (same medication/different names)
  3. Magnesium Citrate 1-16gram packet or 1-10oz.bottle
    - a. ☐ ← If the box is checked, take this medication 2 days before your procedure (see mixing instructions below)
  4. Clear Liquids (see details below: no red, purple, or blue). More than 64ozs. of clear liquids
  5. Flushable/Disposable Moist Wipes
  6. Calmoseptine Ointment ®: Any size tube
- Your adult driver must bring you and stay at our facility until your procedure is completed and you have been cleared to leave: No unaccompanied Taxi, Uber, or Lyft Drivers will be allowed.
  - Private medical-specialty ride services are available for a fee: Request information, if you need it, ASAP.

### MEDICATION INFORMATION:

#### Blood Thinners (anticoagulants)

Over the counter Aspirin does not need to be stopped.  
If you are prescribed a blood thinner by a doctor, you must contact their office to see if you need to stop/hold the medication.

#### Diabetes Medication

Insulin: If you take Insulin, ask your doctor about dosage before your Colonoscopy.  
Oral: Do not take your evening dose the day before your Colonoscopy or your morning dose the day of your Colonoscopy

**3 DAYS before your Colonoscopy:** Stop Iron, Fiber, Seeds, Nuts, Thick-skinned fruits, salads, popcorn.

**2 DAYS before your Colonoscopy:** \*ONLY if the box is checked above: After dinner, not later than 9PM, mix the packet of Magnesium Citrate (16g) with 10 oz. of clear liquid & drink over 15 minutes. (If you purchased a bottle do not mix - just drink).

**1 DAY before your Colonoscopy: NO SOLID FOODS!** You will only drink CLEAR liquids & the colonoscopy preparation. The more fluids you drink the better your prep will be!

#### CLEAR LIQUID SUGGESTIONS:

Water/Propel/Gatorade/  
drinks with Electrolytes

Apple/White Grape Juice  
Tea/Coffee (no cream/no  
milk)

Coconut Water  
Broth/Jell-O

Popsicles/Italian  
Ice/Hard Candy  
Sprite/Ginger ale

## 1 DAY BEFORE YOUR COLONOSCOPY: CLEAR LIQUIDS + LAXATIVE PREP

- Only drink CLEAR liquids today – No solid food or milk/dairy products. Drink A LOT before you start the laxative prep.
- Your prep may work quickly or slowly; stay near a bathroom just in case.

**3 PM**

- Take the first 2 Bisacodyl/Dulcolax® laxative tablets by mouth with Clear Liquids.
- Mix entire 238gram bottle of EZ2Go/ Polyethylene Glycol /MiraLAX® Powder into 8 cups (64 oz.) of Clear Liquids; you may mix with several different drinks. Place in the refrigerator to chill or you may drink at room temperature, beginning at 4PM.

**4 PM**

- Drink ½ the EZ2Go/Polyethylene Glycol/MiraLAX® Solution until you finish 4 cups (32 oz.) over the next 1-3 hours; you will have 4 cups (32 oz.) remaining to drink the next day (1/2 of EZ2Go/Polyethylene Glycol/MiraLAX Solution); keep refrigerated.

**8 PM**

**\*10 PM**

- Take 2 Bisacodyl/Dulcolax® laxative Tablets by mouth with Clear Liquids.
- Continue drinking clear liquids and stay hydrated.
- **\*If at 10PM you have not had multiple bowel movements & you were not previously advised to take the magnesium citrate, you will need to do so now. Mix the 1 packet of magnesium citrate in 10 oz. of water or clear liquids and drink over 15 minutes.**

## MORNING OF YOUR COLONOSCOPY: CONTINUE CLEAR LIQUIDS & TAKE THE LAST DOSE

- Stay near a bathroom until leaving for your Colonoscopy
- **8 Hours before Arrival:**
  - Take 2 final Bisacodyl/Dulcolax® laxative tablets.
  - Then shake, pour, and drink the final 4 cups (32 oz.) of the EZ2Go/Polyethylene Glycol/MiraLAX® Solution over the next 1-2 hours.
  - Finish drinking the above 6 hours before your scheduled arrival, at the latest.
  - You may take your prescription medication with a sip of water. (No blood thinners or oral diabetes medications should be taken)
- **6 Hours before Arrival:**
  - **Stop drinking, chewing, or smoking. Nothing by mouth.**



## **Colonoscopy & Prep Frequently Asked Questions**

### **What should my stool look like after drinking/taking my bowel prep?**

By the morning of your colonoscopy, your stool should be completely liquid and cloudy-to-clear yellowish; you should be able to see the bottom of the toilet after a bowel movement. If your stool does not match this description, please let our front desk staff know immediately upon your arrival.

### **I drank/took the first of my prep solution and have not had a bowel movement: What do I do?**

Patient's digestive systems are different, and it may take longer to have a bowel movement. Most patients start having bowel movements between 7pm and midnight. Continue to follow the instructions and keep drinking clear liquids as indicated on your prep Instructions; you will still take the second dose the day of your Colonoscopy.

### **I drank/took the first half of my prep solution and my stool looks clear: Do I have to drink/take the rest?**

Yes, you will need to drink/take the entire bowel preparation.

### **How long will the Colonoscopy take?**

The procedure typically lasts between 20-30 minutes, however, it may take longer if polyps are found, if your colon is long or twisted, or if excessive scar tissue exists. Plan on being at our center for 2 ½ hours.

### **Will I be asleep/sedated during my Colonoscopy?**

Yes, your Colonoscopy will be performed under deep IV sedation with an anesthesiologist present, to prevent cramping or pain during the procedure; you are asleep but breathing on your own: The sedation medication wears off quickly.

### **Are there things I can't do after my Colonoscopy?**

You must have an adult driver accompany you and stay at our facility until your procedure is completed and you have been cleared to leave: You may not drive, work, or drink alcohol the day of your colonoscopy. Most people can resume work and all normal daily activities the morning after your procedure.

### **What should my stool look like after my Colonoscopy?**

Patient's digestive systems are different but expect to have loose stools for 24-48 hours after your Colonoscopy; your stool should return to normal consistency within a few days if you are eating a normal diet.

### **When will I know the results of my Colonoscopy?**

Visual results will be given immediately both verbally and written, with you and to whom you direct (as you may not remember the results clearly after anesthesia). If biopsies were taken, your pathology results will be sent to your patient portal and sent to your referring physician within two weeks of your procedure. Call our office if you don't receive your biopsy results in the patient portal or would like them mailed to you.

### **What are the possible risks of a Colonoscopy?**

Complications are very uncommon. Risks include, but are not limited to: missed polyps, inability to complete the procedure, perforation, bleeding, and complications from anesthesia. If a complication occurs, it will be treated appropriately, including medication, additional procedures, and if necessary, hospitalization.