

WHAT IS A COLONOSCOPY?

Colonoscopy is a safe and effective procedure that allows the doctor to visually examine the entire lining of the colon and rectum using a colonoscope (a long flexible tube about the thickness of a finger). The colonoscope allows your doctor, if necessary, to take a small sample of tissue for examination under a microscope (a biopsy), or remove a polyp (polypectomy).

Bowel Preparation

■ Prior to preparing for your exam, please read this entire brochure and the “Colonoscopy Instructions” brochure. If you have any questions about these bowel preparation instructions, please call the office of the physician scheduled to perform the colonoscopy.

■ Purchase four (4) delayed-release Dulcolax tablets, one (1) 8.3 oz bottle of Miralax, one (1) 64 ounce bottle of Gatorade®, and one 10 oz. bottle of lemon magnesium citrate. You may refrigerate the Gatorade® if you wish to drink it cold. You will not need a prescription for any of these products.

1 Day Prior to Procedure

■ On _____ at _____ am/pm, you must begin a clear liquid diet. You may **NOT** eat any solid food or semi solid food (i.e. applesauce, oatmeal, mashed potatoes).

■ **Acceptable** clear liquids include: apple and white grape juice or other juices without pulp, Gatorade® or other sports drinks, ginger ale, diet or regular 7-Up®, Sprite® or colas, Kool Aid®, water, clear broth, popsicles, honey and hard candies without filling. Also included in a clear liquid diet is black coffee or tea without cream or powdered creamer and jell-O without added fruit.

■ You should consume at least one gallon of clear liquids (between 10 am and 8 pm). Drink at least (1) 8-ounce glass of clear liquid every hour. The more clear liquids you drink throughout the day, the better the laxatives will work for you.

■ If you take diuretics please drink additional Gatorade® or other sports drinks with your clear liquids throughout the day.

■ Do **not** drink or consume milk or any dairy products.

■ Do **not** drink or consume anything that is red or purple in color.

Beginning the Laxative

Be near a restroom after starting your laxative. Apply A & D® ointment or Vaseline® to the anus to prevent irritation if needed.

Drink one gallon of liquid, after the prep starts.

■ On _____ at _____ am/pm, take the four (4) delayed-release Dulcolax tablets with any clear liquid.

■ On _____ at _____ am/pm, pour out about 8-ounces of the Gatorade® to allow room for the Miralax powder. Pour the 8.3 oz bottle of Miralax into the Gatorade® bottle and mix together. Drink (1) 8-ounce glass of the solution every 15 minutes until the bottle is empty.

■ If you experience nausea or vomiting, rinse your mouth with water, take a 15 to 30 minute break and then continue drinking the prep solution.

■ Individual responses may vary. This laxative will cause multiple bowel movements and diarrhea. It often works within 30 minutes, but may take longer.

Procedure Day

Four (4) hours before your procedure:

On _____ at _____ am/pm, drink the entire 10 oz. bottle of lemon magnesium citrate.

Continue the clear liquid diet until 3 hours prior to your procedure. PLEASE STOP ALL CLEAR LIQUIDS AT _____ AM/PM ON _____.