Colonoscopy Preparation & Patient Education Guide

Preparing for Your Colonoscopy
A colonoscopy allows your provider to examine the inside of your colon (large intestine) to screen for colon cancer, investigate symptoms, and identify or remove polyps. A clean colon is essential for an accurate and successful procedure.

Supplies Needed
Please purchase:

- One (1) 238 g bottle of MiraLAX® (or generic equivalent)
- Four (4) Dulcolax® (bisacodyl) tablets
- Sixty-four (64) ounces of clear electrolyte beverage:
    - Gatorade® (avoid red, purple, or blue colors)
    - Smartwater® or similar electrolyte water
    - Other approved clear liquids

The Day Before Your Procedure
Follow a Clear Liquid Diet All Day
Do not eat any solid foods.
Approved Clear Liquids Include:
✓ Water
✓ Clear broth (chicken, beef, or vegetable)
✓ Apple juice
✓ White grape juice
✓ Ginger ale
✓ Sprite®, 7UP®, or similar clear sodas
✓ Black coffee or tea (no milk or cream)
✓ Clear sports drinks (not red, purple, or blue)
✓ Plain gelatin/Jell-O® (not red or purple; no fruit added)
✓ Popsicles (not red, purple, or blue)

Avoid:
✗ Solid foods
✗ Milk or dairy products
✗ Juice with pulp
✗ Alcohol
✗ Red, purple, or blue-colored foods or beverages

Bowel Preparation Instructions

12:00 PM

Take:

- Four (4) Dulcolax® tablets
- Drink at least 8 ounces of water

2:00 PM

Mix:

- Entire 238 g bottle of MiraLAX®
- Into 64 ounces of approved clear liquid

Refrigerate if desired.

Drinking the Prep

- Drink 8 ounces every 30 minutes.
- Drink steadily; do not chug.
- If nausea occurs, slow down and resume when able.
- Continue until the solution is finished or your bowel movements become clear yellow liquid without solid particles.

Stay Hydrated

Continue drinking clear liquids throughout the evening until instructed to stop.
Good hydration helps prevent dehydration and improves bowel preparation quality.

Day of the Procedure

Important Instructions

- Do not eat or drink anything unless your provider gives different instructions.
- Take your regular morning medications with small sips of water unless instructed otherwise.
- If you have diabetes, take insulin, or take diabetes medications, contact your provider for specific instructions.
- If you take blood thinners (such as Coumadin®, Warfarin®, Eliquis®, Xarelto®, Plavix®, aspirin, or other anticoagulants), follow your provider's instructions regarding when to stop these medications.
- Avoid ibuprofen (Advil®, Motrin®), naproxen (Aleve®), and similar anti-inflammatory medications for the period recommended by your provider.
- Tylenol® (acetaminophen) is generally acceptable unless otherwise directed.

After Your Colonoscopy

Transportation

You will receive sedation and **must have a responsible adult drive you home**.
You should not:

- Drive or Operate machinery
- Sign important legal documents

Questions?

If you have questions regarding your preparation or procedure, please contact your healthcare provider's office before your scheduled appointment.