

## EXTENDED 3-DAY COLONOSCOPY PREPARATION INSTRUCTIONS

**Procedure Date:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_ (provided to you 48-72 hours in advance)

**Purchase:** (You can buy A & B at all our offices or any pharmacy without a prescription)

- A. 238 grams of EZ2GO or Polyethylene Glycol or Miralax Powder (these are all the same medication)**
- B. 6 pills of 5mg Dulcolax/Bisacodyl Laxative Tablets (these are the same medication) More than 64ozs. of clear liquids (no red, purple or blue); flushable/disposable moist wipes**

- 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

Continue to take all of your prescription medications, including vitamins, aspirin (ASA) or NSAIDS (Advil, Motrin, etc.), except:

#### Blood Thinners

If you are prescribed blood thinners, ask your doctor to determine specific instructions on usage, before and after your Colonoscopy (*i.e.*, Warfarin/Coumadin, Dabigatran/Pradaxa, Apixaban/Eliquis, Rivaroxaban/Xarelto, Clopidogrel/Plavix)

#### 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

### 5 Days prior to your Colonoscopy:

Stopping the following items will help your prep work more effectively:

- Stop taking iron supplements and fiber supplements;
- Stop eating nuts, seeds; stop eating thick-skinned raw vegetables and fruit unless you remove the skin

### 3 Days prior to you Colonoscopy:

- **SOFT DIET** the entire day, from *Soft Diet List* below

#### Soft Diet List

Milk, Yogurt, Cheese, Ice Cream

Oatmeal

Mashed Potatoes

Eggs

Toast (White Only)

Applesauce

Fish (Baked Only)

Peanut Butter

Pudding

Tofu

**2 Days before your Colonoscopy: Drink 1 bottle of Magnesium Citrate from 4PM-6PM. Continue drinking liquids.**

- **LIQUID DIET** the entire day, from Liquid *Diet List* below

#### Liquid Diet List

Fruit Juice	Coffee/Tea	Jell-O
Broth/Bouillon	Honey	Milkshakes
Milk/Cream	Liquid Meal Replacement	Carbonated Beverages

**1 Day before your Colonoscopy: Wake up and begin drinking clear liquids. Your preparation will work better if you are well hydrated!**

- **NO FOOD** the entire day. Only drink "Clear Liquids" from list below.
- **DO NOT** drink Clear Liquids that are RED, BLUE or PURPLE in color (mimics blood)

#### Clear Liquid Diet List

Water/with/without Electrolytes	Apple Juice	Propel/Gatorade/PowerAde	Popsicles/Icee/Italian Ice
Iced Tea/Tea/Coffee (No cream/Milk)	White Grape/White Cranberry Juice	Sprite/7-Up/Ginger Ale	Broth/Jello
Coconut Water	Lemonade/Limeade	Crystal Light/Other drink mixes	Hard Candy

#### 3 PM Begin your Colonoscopy Prep

**EZ2Go/Polyethylene Glycol (Miralax) Powder 238 grams (8.3 oz)**

**Bisacodyl/Dulcolax 6 x 5 mg Laxative Pills**

- **Continue Clear Liquids**
- **Your prep may work quickly or slowly; stay near a bathroom just in case**
  - 3 PM** • Take the first 2 laxative pills in the Beige Packet by mouth with Clear Liquids
    - Mix entire 238 gram bottle of EZ2Go/Polyethylene Glycol Powder and 8 cups (64 oz.) of Clear Liquids; you may mix with several different drinks; refrigerate
  - 4 PM** • Mix and begin drinking your laxative solution until you have completed a total of 4 cups over the next 1-2 hours; you will have 4 cups (32 oz.) remaining to drink the next day (1/2 of EZ2Go/Polyethylene Glycol Solution); keep refrigerated.
  - 8 PM** • Take the last 2 laxative pills in the Beige Packet by mouth with Clear Liquids.

## Day of your Colonoscopy:

- **Continue Clear Liquids and 8 hours prior to your arrival time take the final 2 laxative pills**
- **Stay near a bathroom until leaving for your Colonoscopy**
- **8 Hours before Arrival:**
  - Shake, pour, and drink the final 4 cups of the laxative solution over the next 1-2 hours; You must finish drinking by 6 hours before your scheduled arrival, at the latest.
- **6 Hours before Arrival:**



- **No drinking, eating, chewing, or smoking**
- **You may have important medications with a sip of water only.**

**Arrival Time:** \_\_\_\_\_

## Colonoscopy & EZ2Go/Polyethylene Glycol (Miralax) Prep

### Frequently Asked Questions

#### What should my stool look like after drinking my EZ2Go/Polyethylene Glycol Solution?

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 upon your arrival.

#### I drank the first half (4 cups/32 oz.) 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. Continue with Clear Liquids as indicated on your prep Instructions; you will continue the second dose the day of your Colonoscopy.

#### I drank the first half (4 cups/32 oz.) of my prep solution and my stool looks clear: Do I have to drink the rest?

Yes, you will need to drink the entire 64 oz. of EZ2Go/Polyethylene Glycol Solution.

#### 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. 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 mailed to you 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 mail.

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

Complications are very uncommon: Risks include, but 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.