

3-DAY COLONOSCOPY PREPARATION INSTRUCTIONS

Read at least 7 days before you are ready when the nurse calls

Procedure Date: _____ Arrival Time: _____ (provided to you approx. 7 Days in advance)

You'll need to buy six things:

1. EZ2GO/ MiraLAX Powder®/Polyethylene Glycol: 238 grams (same drug/different names)
 2. Bisacodyl/Dulcolax® Laxative Tablets 8 x 5mg Tablets (same drug/different names)
 3. Magnesium Citrate 1-16gram packet or 1-10oz.bottle
 4. Clear liquids (see details below: not red, purple, or blue)-Over 64ozs.
 5. Disposable/Disposable Wet Wipes (optional)
 6. Calmoseptine Ointment ® - Any Size Tube (optional)
- Your adult driver must bring you in and remain at our facility until your procedure is complete and you have been cleared to leave – unaccompanied taxi, Uber, or Lyft drivers will not be permitted.
 - Private medical specialty transportation services are available for a fee: ask for information, if you need it, as soon as possible.

MEDICATION INFORMATION:

Blood Thinners (anticoagulants)

There is no need to stop over-the-counter aspirin.

If a doctor prescribes a blood thinner, you should contact their office to see if you need to stop/withhold the medication.

Diabetes/ Weight Loss Medication

Insulin: If you take insulin, ask your doctor about dosing before your colonoscopy.

Oral: Do not take your evening dose the day before your colonoscopy or your morning dose on the day of your colonoscopy

GLP 1/ SLGT 2s: See attached

5 DAYS Before Your Colonoscopy: Stop taking iron, fiber, seeds, nuts, thick-skinned fruits, salads, popcorn.

3 DAYS Before Your Colonoscopy: SOFT DIET THE ENTIRE DAY (see list of diets below)

SOFT DIET FOODS

Milk, yogurt, cheese, ice cream

Oatmeal/Applesauce/Pudding
Creamy nut butters

Mashed potatoes

Eggs/Tofu/Fish/Chicken (skinless, not fried)

Toast (white only)

Broth/Soup/Pasta

Liquid Diet List

Fruit Juice/Carbonated Beverages

Coffee/Tea

Jell-O

Broth/Bouillon

Honey

Milk/Milkshakes/Meal Replacement Drinks (Ensure, etc.)

1 DAY Before Your Colonoscopy: NO SOLID FOOD! You will only drink clear liquids & the colonoscopy preparation. The more fluids you drink, the better your preparation will be!

CLEAR LIQUID SUGGESTIONS:

Water/ Gatorade/ Electrolytes	Apple/White Grape Juice	Coconut water	Popsicles/ Italian Ice
Tea/Coffee (Dairy-Free)	Hard Candy	Broth/Jell-O	Sprite/Ginger ale

1 DAY BEFORE YOUR COLONOSCOPY: CLEAR LIQUIDS + LAXATIVE PREPARATION

- **Only drink CLEAR liquids today – no solid foods or milk/dairy. Drink A LOT before you start laxative preparation.**
- **Your prep may work quickly or slowly; Stay near a bathroom just in case**
 - 3 PM** • Take the first 3 laxative tablets of Bisacodyl/Dulcolax® by mouth with clear liquids.
 - Mix the entire 238-gram bottle of EZ2Go/Polyethylene Glycol/MiraLAX® powder into 8 cups (64 oz.) of clear liquids; you may mix it with several different drinks. Place it in the refrigerator to chill or you may drink at room temperature, starting at 4 p.m.
 - 4 PM** • Drink 1/2 of 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.) left to drink the next day (1/2 of EZ2Go/Polyethylene Glycol Solution/MiraLAX); Keep refrigerated.
 - 8 PM** • Take 3 Bisacodyl/Dulcolax® laxative tablets by mouth with clear liquids.
 - Continue to drink clear liquids and stay hydrated.

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

Stay near a bathroom until leaving for your colonoscopy

- **8 Hours Before Arrival:**
 - Take 2 final laxative tablets of Bisacodyl/Dulcolax®.
 - Then shake, pour, and drink the last 4 cups (32 oz.) of the EZ2Go/Polyethylene Glycol/MiraLAX® solution for the next 1-2 hours.
 - Finish drinking the above 6 hours before your scheduled arrival, at the latest.
 - You can take your prescribed medication with a sip of water. (Blood thinners and oral diabetes medications should not be taken)
- **6 Hours before arrival:**
 - **Stop drinking, chewing, or smoking. Nothing by mouth.**
 - **You may brush your teeth.**



Frequently Asked Questions About Colonoscopy and Preparation

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 inform our front desk upon arrival.

I drank/took the first of my prep solution and haven't had a bowel movement: What do I do?

The patient's digestive systems are different, and it may take longer to have a bowel movement. Most patients begin having bowel movements between 7 p.m. and midnight. Continue to follow the instructions and continue to drink clear liquids as directed indicated on your preparation instructions; you will still take the second dose on the day of your colonoscopy.

I drank/drank the first half of my brew solution, and my stool looks clear: Do I have to drink/take the rest?

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

How long will the colonoscopy take? How long will the colonoscopy take?

The procedure usually takes about 20 to 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 1/2 hours.

Will I be asleep/sedated during my colonoscopy?

Yes, your colonoscopy will be performed under deep intravenous 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 complete 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 their procedure.

What should my stool look like after my colonoscopy?

The 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 in writing, with you and whoever you are addressing (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 do not receive your biopsy results in the patient portal or if you 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 medications, additional procedures, and, if necessary, hospitalization.