

NORTHEAST OREGON  
SURGICAL CLINIC

Dr. Andrew Bower

tel (541) 966.1001 fax (541) 966.1195  
2474 SW Perkins Avenue Pendleton, OR 97801  
www.surgeonbower.com

# Colonoscopy Preparation

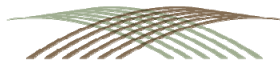
## Instructions:

### Miralax / Gatorade

NAME:	_____
PROCEDURE:	COLONOSCOPY
DATE OF PROCEDURE:	_____
ARRIVAL TIME:	_____
FOLLOW UP APPOINTMENT WITH DR. BOWER'S OFFICE (if needed)	_____

**Please note: A \$50.00 cancellation fee will be charged for all procedures cancelled with less than two (2) business days notice.**

On the date and time above, the patient is to report to:  
St. Anthony Hospital - Admitting Department  
3001 St. Anthony Way  
Pendleton, OR 97801  
541-276-5121



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**PRIOR TO PROCEDURE:**

\*You will need to purchase:

- \* GATORADE (64 ounces - two 32 oz bottles) of lemon-lime or other clear Gatorade flavor (no red, blue or purple).
- \* DULCOLAX 5mg tablets (four tablets - this is paid for by some insurance companies, so check with your pharmacy)
- \* MIRALAX BOTTLE 238 grams (over the counter - but check with your pharmacy as we will send in an Rx to them)
- \* Diaper rash cream or Vaseline - Optional, no prescription required
- \* Baby wipes with Vitamin E - Optional, no prescription required

**MEDICATIONS: In general, all medications should be continued in routine dosage EXCEPT medications that will affect blood clotting. If you are on any sort of blood clotting medication, your physician should approve you stopping the medicine. The following are the drugs that will require individualized instructions:**

- Please stop **COUMADIN (Warfarin) 4 days** prior to your procedure. Contact the physician that prescribes this medication for you for their approval before you stop.
- Please stop **XARELDO 2 days** prior to your procedure.
- Please stop **PLAVIX (Clopidogrel) / EFFIENT / ELIQUIS 5 days** prior to your procedure. Contact the physician that prescribes this medication for you for their approval before you stop.
- Do not take any **ASPIRIN for 3 days** prior to your procedure. Tylenol (acetaminophen) is permitted.
- If you are **DIABETIC**, do not take your oral diabetes medications the day of your procedure. Bring them with you so that you can take them after your procedure.
- If you are **DIABETIC** and you take **INSULIN**, take half of your evening dose the day before your procedure. **DO NOT TAKE ANY INSULIN THE MORNING OF YOUR PROCEDURE.**
- Please stop **IRON supplements (Ferrous Sulfate) 7 days** before your procedure.
- Please ask for special instructions if you take **Heparin, Pletal (cilostazol), Ticlid (ticlopidine), Persantine (dipyridamole), Aggrenox** or any other medication that affects blood clotting.

- 
- This exam is most successful if these instructions are followed exactly as stated.
  - If you use a CPAP machine at night for sleep apnea, please bring this with you.
  - Bring a list of your current medications (including dosages) with you.
  - The day of your procedure: do not drive yourself, sign checks, pay bills, go to the bank, operate machinery, go to work, etc. due to the anesthetic you receive that day.
  - You may resume normal activity (including return to work) the day after your procedure.

**YOU WILL BE AT THE HOSPITAL FOR APPROXIMATELY 3-4 HOURS.**

**YOU MUST HAVE SOMEONE AVAILABLE TO DRIVE YOU HOME.**

**Please call us at (541) 966-1001 if you have any questions.**



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## COLONOSCOPY PREPARATION WITH MIRALAX / GATORADE

### THE DAY BEFORE YOUR COLONOSCOPY:

- ⇒ Drink only clear liquids throughout the day, starting with breakfast.  
You may not have any solid or soft food. Milk or other dairy products are not allowed.

**Please avoid red, blue or purple clear liquids.**

Clear liquids are those you can “see through” - that are **not red, blue or purple**.

- Examples include:
- ✓ Water
  - ✓ Strained fruit juice without the pulp (apple, white grape)
  - ✓ Tea without milk or creamer (sweeteners and sugar are OK)
  - ✓ Coffee without milk or creamer (sweeteners and sugar are OK)
  - ✓ Clear broth or bouillon (chicken, beef or vegetable)
  - ✓ Ginger ale
  - ✓ Lemon-lime soda
  - ✓ Lemonade (no pulp)
  - ✓ Sports drink (eg. Gatorade, Propel, etc.)
  - ✓ Kool-Aid, Crystal Light or other flavored drinks
  - ✓ Plain Jell-O without added fruit or toppings
  - ✓ Ice Popsicles



**3 PM:** Take 2 DULCOLAX tablets.

**5 PM:** Mix the entire bottle of MIRALAX (238 grams) into the 64 ounces of GATORADE. (Put half the Miralax into each bottle of Gatorade if you purchased two 32 ounce bottles). Shake the solution until fully dissolved. Drink an 8 ounce glass every 30 minutes until the entire 64 ounces have been consumed.

**7 PM:** Take the last 2 DULCOLAX tablets.

You may continue to drink clear liquids until 11:00pm.

**TAKE NOTHING BY MOUTH AFTER MIDNIGHT.**



### THE DAY OF YOUR COLONOSCOPY:

- ⇒ **You may take any necessary medications with a sip of water.**