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Colonoscopy Preparation

Your colonoscopy is scheduled for (date/ARRIVAL time): _____

***** A responsible adult must drive you to and from your procedure and stay on the premises during the procedure. *****

A colonoscopy requires proper bowel preparation for a successful procedure. Failure to follow these instructions may require the procedure to be rescheduled.

Please purchase the following items; all are available over-the-counter at most grocery/drug stores:

- One (1) 238 gram bottle of Miralax powder (more if taking four days prior as recommended below)
- Four (4) Dulcolax 5mg tablets
- Two (2) 32 oz. any brand sports drink (such as Gatorade or Powerade-NO RED, BLUE or PURPLE)

OPTIONAL purchases if needed:

- One (1) 10 oz. bottle of Magnesium Citrate (DO NOT take if you have kidney disease)
- Dramamine-may be taken if nausea develops
- Tucks Pads-to help reduce anal soreness during bowel prep

4 Days Prior to Procedure Date

- It is RECOMMENDED to add 1 cap full of Miralx daily to your routine

Day Before Procedure Date

You can't have any solid foods, dairy products, or alcohol and must follow a clear liquid diet. Examples of clear liquids are:

- Juice – apple, white grape, Crystal Lite lemonade
- Coffee & Tea – regular or decaf, herbal teas (NO CREAMER)
- Pop – regular or diet Coke, Pepsi, 7-Up, Gingerale
- Broth – beef, vegetable, chicken
- Extras – jello, popsicles, fruit ice (NO RED, BLUE or PURPLE)
- Start clear liquid diet first thing in the morning
- At 4:00pm take the 4 Dulcolax tablets
- At 6:00pm mix half of the 238 gram bottle of Miralx in each of the 32 ounce sports drinks. Shake until dissolved and drink one glass/8 ounces of the solution every 10-15 minutes until one bottle is empty.
- *If your procedure is scheduled before 12:00noon the following morning, drink the second bottle at 8:00pm. If you have constipation, take narcotic medication, and/or you have not had good results with the prep up to this point, drink 10 ounces of Magnesium Citrate (unless you have kidney disease.)*

Day of Procedure

- *If your procedure is scheduled after 12:00noon; FOUR HOURS before your scheduled arrival time drink the second bottle. This must be done within one hour. If you have constipation, take narcotic medication, and/or you have not had good results with the prep up to this point, drink 10 ounces of Magnesium Citrate (unless you have kidney disease.)*
- THREE HOURS prior to arrival time stop drinking all fluids.
- TWO HOURS prior to arrival time you should be cleared out completely (passing yellowish to clear liquid without any stool or particles.)

Prescription Medications

The morning of your procedure you may take your prescription medications (except those noted below) with SMALL SIPS of water.

Please contact your Primary Care Provider at least two (2) weeks prior to your scheduled procedure for additional instructions regarding your medications.

Anti-Coagulants – Be sure to let your surgeon know if you take blood thinners such as Plavix, Coumadin, Pradaxa, Xarelto and Eliquis.

Name of Medication	Number of days prior to procedure you must stop taking medication
Plavix	Seven (7) Days
Coumadin*	Five (5) Days
Pradaxa, Xarelto and Eliquis	Two (2) Days

*Coumadin – You must obtain a current PT/INR level from your Primary Care Provider the day before your procedure and have the results faxed to (406) 238-6484.

Aspirin – If you take a daily aspirin you may continue doing so.

Cardiac Medications – If you normally take blood pressure medication and/or other medication that regulates your heart rate, you should take them the morning of the procedure.

Diuretics – DO NOT take diuretics (water pills) the morning of your procedure.

Diabetic Patient Instructions – Check your glucose two (2) hours prior to the procedure and provide us with results when you check in. Follow a clear liquid diet that is NOT sugar free. In regards to your medications, follow the instructions of your Diabetic Provider or the following:

- Diabetic Pills
 - Prep Day – Take ½ morning dose and ½ evening dose.
 - Procedure Day – DO NOT take your morning dose unless procedure is after 12:00noon. If your procedure is after 12:00noon, have a clear liquid breakfast and take ½ morning dose.
- Insulin
 - Prep Day – Take your regular morning dose and ½ your evening dose.
 - Procedure Day – DO NOT take your morning dose unless procedure is after 12:00noon. If your procedure is after 12:00noon, have a clear liquid breakfast and take 1/3 morning dose.

As mentioned above, you should contact your Primary Care Provider at least two (2) weeks prior to your procedure to discuss the proper instructions for your medications.

Thank you for choosing Surgical Associates for your care. For prescription requests or refills (including narcotics) or for general questions please call our office during regular business hours; Monday-Thursday 8:00am-5:00pm and Fridays 8:00am-2:00pm. A surgeon is on-call after hours for emergent care. However, pain medication (narcotics) will not be provided after regular business hours.