

COLONOSCOPY PREP INSTRUCTIONS

1. You will need 2 MIRALAX containers of 119 gm each and 3 Dulcolax laxative tablets. This Prep Kit is available at our office.

2. STOP TAKING:

- 5 days before procedure: Aspirin, Excedrin, Plavix, Vitamin E (400 units or more), Ginko Balobo or Iron
- 4 days before procedure: Coumadin.
- 2 days before procedure: **Pradaxa, Eliquis, Xarelto**, Advil, Aleve, Ibuprofen and any other arthritic medicines.

You may take all of your other regular medicines, BUT not on the day of procedure. If you are taking anxiety medication such as Xanax, Clonazepam, Ativan, Valium, Diazepam, you may take it with a sip of water 1 hour before arriving at the center for your procedure.

DAY BEFORE PROCEDURE:

3. Clear liquid diet **ALL DAY!** try to intake 64 – 96 oz (Total Fluids)

- **PERMITTED:** Any drinks, natural juices (without pulp), broth, coffee, tea, soda, Gatorade, jello, Sorbet, ice pops, hard candies, natural cranberry or grape juices.
- **AVOID: BLUE, RED OR GREEN COLORED:** Jello, ice pops or Kool Aid, and milk or any milk by products. vxzx

4. Prep

- **At 5PM** mix the 119 gm bottle of **MIRALAX** into one quart of Gatorade or Powerade (any color permissible) and drink this quart mixture over 1-2 hours.
Also, **take the 3 Dulcolax laxative tablets** when you start drinking the **MIRALAX**.
- **At 9PM** mix another 119 gm bottle of **MIRALAX** into one quart of liquid and drink this quart mixture over 1-2 hours.
- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT**, unless you must take a sip of water to take a pill that was discussed with your doctor.
- If you are a diabetic: Cut your dose of insulin and diabetic pills in half.

NOTE: IF YOU ARE NOT WORKING YOU CAN BEGIN PREP AT NOON AND REPEAT AT 4:00PM.

DAY OF PROCEDURE:

- **DO NOT take any insulin or diabetic medicine the morning of the test.** Advise the nurse at the endoscopy area that you are diabetic when you arrive, and **BRING** your medications with you.
- **If you use an inhaler (even if only periodically) BRING YOUR INHALER WITH YOU to the procedure.**
- Bring a list of all your medications to the procedure; give the list to the nurse.
- Arrange for a **DRIVER** for the procedure day, since you cannot drive yourself. The driver may drop you off and pick you up later. Total time is about 2 1/2 - 3 hours at the endoscopy area.
- **Register at Outpatient Registration at:**

[] AdventHealth Altamonte
601 E. Altamonte Drive
Altamonte Springs, FL 32701
Phone: 407-303-2251

[] CFAGI Surgical Center
S. 740 Concourse Pkwy
Maitland, FL 32751
Phone: 407-644-4222

[] Florida Surgery Center
180 Boston Ave
Altamonte Springs, FL 32701
Phone: 407-830-0573

YOUR PROCEDURE IS SCHEDULED ON _____ AT _____ You need to arrive at: