

Colonoscopy and Prep Instructions

Your colonoscopy appointment:

Date: _____

Time: _____

Location: Minden Medical Center

If you are taking any blood thinners such as:

- Coumadin
- Plavix
- Aggrenox
- Pradaxa
- Effient
- Aspirin

Stop taking them 5 DAYS *before* your procedure.

THE DAY BEFORE YOUR PROCEDURE

Stick to a liquid diet. You can have:

- Jello (yellow, green or orange)
- Apple Juice
- Chicken Broth
- Coffee (no creamer)
- Clear Soda(Sprite, 7-Up, Ginger Ale)
- Gatorade (yellow, green, or orange)
- Powerade (yellow, green, or orange)

**NO RED OR PURPLE OR BLUE LIQUIDS!
NO MILK PRODUCTS, OR ALCOHOL!**

2 days before colonoscopy - 12:00 pm (noon)

- Drink a bottle of Magnesium Citrate
- Take two Dulcolax laxative tablets

PREP INSTRUCTIONS

Prepare your Gatorade and Miralax ahead of time.

- Mix 64-ounces of Gatorade with one bottle of Miralax (238 grams).
- Shake well until powder is dissolved and place in refrigerator.

1 day before colonoscopy - 12:00 pm (noon)

- Take two Dulcolax laxative tablets.
- Drink one 8-ounce glass of Gatorade mixture rapidly every 10 minutes.
 - If you get nauseated, drink some broth between glasses of prep.
- Finish the entire 64 ounces of Gatorade in 90 minutes or less.

You will begin to have loose stools within 1 to 2 hours after you start drinking the Gatorade/Miralax mixture.

*****DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT*****

THE DAY OF YOUR PROCEDURE

- You may take blood pressure and/or heart medication in the morning with a very small sip of water.
- Bring someone to drive you home due to the sedation given during the procedure.