

COLONOSCOPY PREPARATION INSTRUCTIONS

Procedure Date: _____ **Arrival Time:** _____ (provided to you 48-72 hours in advance)

Purchase: (You can buy A & B at all our offices or any pharmacy without a prescription)

- A. 238 grams of EZ2GO or Polyethylene Glycol or Miralax Powder (these are all the same medication)**
- B. 4 pills of 5mg Dulcolax/Bisacodyl Tablets (these are the same medication)**
- C. More than 64ozs. of clear liquids (no red, purple or blue); flushable/disposable moist wipes**

- Your adult driver must bring you and stay at our facility until your procedure is completed and you have been cleared to leave: No unaccompanied Taxi, Uber, or Lyft Drivers will be allowed.
- Private medical-specialty ride services are available for a fee: Request information, if you need it, ASAP.

Medication Information

Continue to take all your prescription medications, including vitamins, aspirin (ASA) or NSAIDS (Advil, Motrin, etc.), except:

Blood Thinners

If you are prescribed blood thinners, ask your prescribing doctor to determine specific instructions on usage, before and after your Colonoscopy (*i.e.*, Warfarin/ Coumadin, Dabigatran/Pradaxa, Apixaban/Eliquis, Rivaroxaban/Xarelto, Clopidogrel/Plavix)

Diabetes Medication

- Insulin: If you take Insulin, ask your doctor about dosage before your Colonoscopy.
- Oral: Do not take your evening dose the day before your Colonoscopy or your morning dose the day of your Colonoscopy

3 Days prior to your Colonoscopy:

Stopping the following items will help your prep work more effectively:

- Stop taking iron supplements and fiber supplements;
- Stop eating nuts, seeds; stop eating thick-skinned raw vegetables and fruit unless you remove the skin

Day before your Colonoscopy: The more fluids you drink the better your prep will be!

- When you wake up start on a clear liquid diet and continue throughout the entire day before your colonoscopy, only drink "Clear Liquids" from list below; **NO FOOD**

Clear Liquid Diet List – ALL DAY the Day Before your Colonoscopy

Water/Propel/Gatorade/ drinks with Electrolytes	Apple/White Grape/White Cranberry Juice	Coconut Water	Popsicles/Italian Ice
Tea/Coffee (No cream/Milk)	Lemonade/ Crystal Lite	Sprite/7-Up/Ginger Ale	Broth/Jello/Hard Candy

Begin your Colonoscopy Laxative Prep – starting 3pm the Day Before your Colonoscopy

- **Continue Clear Liquids. Drink A LOT before you start the laxative prep.**
- **Your prep may work quickly or slowly; stay near a bathroom just in case**
 - 3 PM**
 - Take the first 2 Bisacodyl/Dulcolax Pills by mouth with Clear Liquids.
 - Mix entire 238 gram bottle of EZ2Go/ Polyethylene Glycol /Miralax Powder into 8 cups (64 oz.) of Clear Liquids; you may mix with several different drinks; refrigerate.
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 - 4 PM** Drink ½ the 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.) remaining to drink the next day (1/2 of EZ2Go/Polyethylene Glycol/Miralax Solution); keep refrigerated.
 - 8 PM**
 - Take the last 2 Bisacodyl/Dulcolax Prep Pills by mouth with Clear Liquids.
 - Continue drinking clear liquids and stay hydrated.

Day of your Colonoscopy:

- **Continue to Drink Only Clear Liquids**
- **Stay near a bathroom until leaving for your Colonoscopy**
- **6-8 Hours before Arrival:**
 - Shake, pour, and drink the final 4 cups (32 oz.) of the EZ2Go/Polyethylene Glycol/Miralax Solution over the next 1-3 hours. You must finish drinking by 4 hours before your scheduled arrival, at the latest.

- **4 Hours before Arrival:**



- **No drinking, eating, chewing, or smoking**
- **You may take your prescription medications with a sip of water only.**

Arrival Time: _____

Colonoscopy & Prep **Frequently Asked Questions**

What should my stool look like after drinking my EZ2Go/Polyethylene Glycol/Miralax Solution?

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 let our front desk staff know immediately upon your arrival.

I drank the first half (4 cups/32 oz.) of my prep solution and have not had a bowel movement: What do I do?

Patient's digestive systems are different and it may take longer to have a bowel movement. Most patients start having bowel movements between 7pm and midnight. Continue with Clear Liquids as indicated on your prep Instructions; you will continue the second dose the day of your Colonoscopy.

I drank the first half (4 cups /32 oz.) of my prep solution and my stool looks clear: Do I have to drink the rest?

Yes, you will need to drink the entire (8 cups/ 64 oz.) of EZ2Go/Polyethylene Glycol/Miralax Solution.

How long will the Colonoscopy take?

The procedure typically lasts between 20-30 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 ½ hours.

Will I be asleep/sedated during my Colonoscopy?

Yes, your Colonoscopy will be performed under deep IV 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 completed and you have been cleared to leave: You may not drive, work, or drink alcohol the day of your colonoscopy. Most people can resume work and all normal daily activities the morning after your procedure.

What should my stool look like after my Colonoscopy?

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 written, with you and to whom you direct (as you may not remember the results clearly after anesthesia). If biopsies were taken, your pathology results will be mailed to you and sent to your referring physician within two weeks of your procedure. Call our office if you don't receive your biopsy results in the mail.

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 medication, additional procedures, and if necessary, hospitalization.