



**PREOPERATIVE/COLONOSCOPY PREPARATION INSTRUCTIONS**

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

PLEASE READ CAREFULLY AND FOLLOW ALL INSTRUCTIONS. If there are any questions or problems, please contact our office for assistance. . If for any reason you need to cancel or reschedule your procedure, please contact us. **If you fail to do so, you will be assessed a \$100.00 no show fee.**

Your procedure has been scheduled at: \_\_\_\_\_ on:  
**Date:** \_\_\_\_\_ **Arrival Time** \_\_\_\_\_ **Procedure Time:** \_\_\_\_\_

**Please plan on arriving 2 hours prior to the scheduled time.**

**For outpatient procedures, you will not be allowed to drive yourself home.**

Please arrange for someone to pick you up from the hospital at the time of discharge.

If you are presently taking any **blood thinning medications**, please notify us immediately as you may be required to stop these prior to your procedure.

\_\_\_\_\_  
\_\_\_\_\_

If you are **diabetic**, have a history of **rheumatic heart disease**, have **mitral valve prolapse**, have had a **cardiac valve replacement or a joint replacement**, or other **artificial devices**, please notify us immediately.

**Do not** take aspirin, Motrin, Advil, Aleve, Naprosyn, Ibuprofen, or other arthritis type pain medications for 10 days prior to you scheduled procedure.

**Please follow the checked instructions below for your bowel preparation:**

1. **\_\_\_ Begin a clear liquid diet \_\_\_ days prior to your scheduled procedure.** This includes clear or strained juices, jello, clear broth, coffee, tea, popsicles, or sodas. Please do not drink anything red or purple. You may not have any milk or milk products.
2. **\_\_\_ Do not eat or drink anything after midnight the night before your scheduled procedure.**
3. **\_\_\_ Dulcolax Laxative tablets: Take 4 tablets @ 3 pm the day prior** to your procedure.
4. **\_\_\_ Miralax:** Purchase one 238 gram bottle of Miralax & a 64 oz bottle of a sports drink (Gatorade, Powerade) – **not red colored.** Empty the entire bottle of Miralax into the sports drink. **Beginning @ 6 pm the day prior to your procedure** drink 8 oz of the mixture every 10-15 minutes until the solution is gone.
6. **\_\_\_ Golytley:** Drink the entire bottle over 4 hours starting at 4 pm the **day prior** to your procedure.
8. **\_\_\_ Fleets Enema:** Take the 2 enemas either consecutively or together the morning of your scheduled procedure.