

COLONOSCOPY PREPARATION INSTRUCTIONS

www.granitepeaksqi.com

phone 801.619.9000

Arrival Time _____ Procedure Time _____

- **The Day before your Exam**

Read all instructions thoroughly.

If you have severe allergies to soy beans and/or eggs, please contact us immediately.

Eat a light breakfast prior to 9:00 AM and then drink plenty of clear liquids only the rest of the day (water, black coffee, tea, soda, broth-*nothing red or purple*).

Preparation Instructions:

Purchase: **Dulcolax** (bisacodyl laxative) Tablets / **Miralax** 238 gram bottle / **Gatorade** 64 ounces (*nothing red or purple*)

Mix all of the Miralax powder with the Gatorade. You may chill for better flavor (diabetics use reduced calorie Gatorade).

4:00 PM: Take 4 Dulcolax tablets at one time. Drink half of the Gatorade/Miralax mixture in the next 2 hours.

Although the laxative effects may not begin for 4-6 hours, expect to use the bathroom many times through the night.

A *soothing ointment* (Desitin, A&D, Vaseline) applied to the anal area will prevent discomfort and skin breakdown

- **Day of your Exam**

4 hours before your arrival time: drink the rest of the Gatorade/Miralax mixture within the next 2 hours.

Please drink plenty of clear liquids up until **2 hours before** your arrival time! Take nothing by mouth after that time.

Bring

- A list of prescription and over-the-counter medications you are taking, including the dosage/strength and time last taken.
- A completed Patient History Form, Photo ID, Insurance card and information
- If you are sedated, you **must** have a responsible driver to drive you home.

Prescription Medications

- Take only your heart, blood pressure, asthma and seizure medications as prescribed. Take these medications, as prescribed, with clear liquids at least **2 hours before** your arrival time. **Bring your inhaler with you!**
- If you take regular narcotic medication for pain relief, please stay on schedule but take at least **2 hours before** arriving.

Diabetics

- Test your blood sugar before coming in for your procedure and bring the reading with you. *If you take oral medication* for your diabetes: **do not take it** the morning of your procedure. *If you take insulin:* **do not take it but bring your insulin** with you.
- If you have any questions regarding your oral medication or insulin dosages, please contact the physician that manages your diabetic care.

Patients on Blood Thinners

- If you are taking blood thinners such as Coumadin, Warfarin or Plavix, **call your prescribing physician and ask whether you are able to stop taking the medication** for the 3 day period before your procedure.
- If a biopsy is required during your colonoscopy, and you **have not** discontinued your blood thinners for 3 days, you may be required to reschedule your colonoscopy for a later date, due to the increased risk of bleeding.

Nursing Mothers

- After receiving sedation, pump and dump twice before nursing your baby.

If you have any questions after reviewing these instructions, please refer to our website www.granitepeaksqi.com, or call your physician.