



Colonoscopy Preparation: Patient Education

To ensure a successful exam, please follow all instructions carefully. You **MUST** arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled. If you are unable to find reliable transportation, please contact our office for potential arrangement. If you have diabetes, ask your physician for diet and medication instructions. If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor.

Please bring a list of all of your current medications, including any over the counter medications with you. If you must cancel or reschedule your appointment, please call your doctor's office as soon as possible.

Purchase the following supplies:

4 Dulcolax laxative tablets containing 5 mg of bisacodyl each (not dulcolax stool softener)

1 – 8.3 oz. bottle of Miralax (238 grams)

7 days before your colonoscopy:

If you take aspirin or NSAIDs, such as Advil, Motrin, Celebrex, or Ibuprofen, you may continue to take them as usual unless otherwise instructed by your physician. You should discuss this with your physician in advance of the procedure. Ask your physician for specific instruction if you take a blood thinner like Plavix, Pradaxa, Clopidogrel, Coumadin, Warfarin, Effient, Prasugrei, or Lovenox. If these medications are not stopped 3-4 days prior to your procedure, the colonoscopy will need to be rescheduled for a later date.

Stop eating all nuts, seeds, and popcorn.

3 days before your colonoscopy:

Eat a light diet (soft foods). Please refer to the attached list for food suggestions.

1 day before your colonoscopy:

Begin a clear liquid diet. It is important to drink **at least** 3-6 8 oz. glasses of water during the day to avoid dehydration. You may have hard candy. No solid foods.

In the morning mix the Miralax with 64 ounces of water, shake well and put in the refrigerator for later.

At 2 pm, take 2 Dulcolax with water.

At 5 pm, start drinking the Miralax/water mixture until half or more of it is gone. You will be drinking 4- 8 ounce glasses. Try to drink the solutions at a comfortable pace.

Place the remainder of the mixture in the refrigerator and continue to drink clear liquids until bedtime, make sure you drink at least 3 additional glasses of clear liquids before bedtime.

At 7 pm, take the last 2 Dulcolax tablets and continue drinking clear liquids until bedtime.

At 10 pm, drink the remaining Miralax/water mixture. Drink 4 ounces every 15 minutes until gone.

Day of your colonoscopy:

Nothing to drink after midnight. You are ready for the exam if you followed all of the instructions. Your stool should be clear or yellow liquid.

Colon Cleansing Tips:

Clear liquids include Gatorade, pedialyte, powerade, clear broth or bouillon, coffee or tea (no milk or non-dairy creamer), carbonated and non-carbonated soft drinks, Kool-Aid or other flavored fruit drinks, strained fruit juices (no pulp), Jell-O, popsicles, hard candy and are okay to eat/drink prior to your procedure.

The following are not clear liquids and should be **avoided**: red, green, blue, or purple items of any kind, alcohol, milk or non-dairy creamers, noodles or vegetables in soup, juice with pulp, liquid you cannot see through.

Miralax/Water Preparation Tips:

Stay near a toilet. You will have diarrhea, which can be quite sudden. This is normal.

Continue to drink the prep solution every 15 minutes as directed, pause if you need to.

Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.

It is common to experience abdominal discomfort until the stool has flushed from your colon. This may take 2-4 hours and occasionally longer.

Anal skin irritation or a flare of hemorrhoid inflammation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.

Low Fiber Diet for Colonoscopy Preparation

Eat a selection from the “foods allowed” list for three days before your colonoscopy. **Remember that once you have started drinking your preparation fluid you must not eat at all.** You may drink clear liquids only.

	Foods Allowed	Do Not Eat
Milk and Dairy	<ul style="list-style-type: none"> • Milk • Cream • Hot chocolate • Buttermilk • Cheese, including cottage cheese • Yogurt • Sour cream 	NO yogurt mixed with: <ul style="list-style-type: none"> • nuts, seeds, granola • fruit with skin or seeds (such as berries)
Bread and Grains	<ul style="list-style-type: none"> • Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta) • White rice • Plain crackers, such as Saltines • Low-fiber cereal (including puffed rice, cream of wheat, corn flakes) 	NO whole grains or high-fiber: <ul style="list-style-type: none"> • Brown or wild rice • Whole grain bread, rolls, pasta, or crackers • Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal) • Bread or cereal with nuts or seeds
Meat	<ul style="list-style-type: none"> • Chicken • Turkey • Lamb • Lean pork • Veal • Fish and seafood • Eggs • Tofu 	NO tough meat with gristle
Legumes	None allowed	<ul style="list-style-type: none"> • Dried peas (including split or black-eyed) • Dried beans (including kidney, pinto, garbanzo/chickpea) • Lentils • Any other legume
Fruits	<ul style="list-style-type: none"> • Fruit juice without pulp • Applesauce • Ripe cantaloupe and honeydew • Ripe, peeled apricots and peaches • Canned or cooked fruit without seeds or skin 	NO seeds, skin, membranes; or dried fruit: <ul style="list-style-type: none"> • Raw fruit with seeds, skin, or membranes (includes berries, pine apple, apples, oranges, watermelon) • Any cooked or canned fruit with seeds or skin • Raisins or other dried fruit
Vegetables	OK for some if cooked or canned: <ul style="list-style-type: none"> • Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips) • Potatoes without skin • Cucumbers without seeds or peel 	NO raw, skin, seeds, peel; or certain other vegetables: <ul style="list-style-type: none"> • Corn • Potatoes with skin • Tomatoes • Cucumbers with seeds and peel • Cooked cabbage or Brussels sprouts • Green peas • Summer and winter squash • Lima beans • Onions
Nuts, nut butter, seeds	<ul style="list-style-type: none"> • Creamy (smooth) peanut or almond butter 	NO nuts or seeds: <ul style="list-style-type: none"> • Nuts including peanuts, almonds, walnuts • Chunky nut butter • Seeds such as fennel, sesame, pumpkin, sunflower
Fats and oils	OK to eat: <ul style="list-style-type: none"> • Butter • Margarine 	NO salad dressing made with

	<ul style="list-style-type: none"> • Vegetable and other oils • Mayonnaise • Salad dressings made without seeds or nuts 	seeds or nuts
Soups	<ul style="list-style-type: none"> • Broth, bouillon, consommé, and strained soups • Milk or cream-based soup, strained 	<ul style="list-style-type: none"> • Unstrained soups • Chili • Lentil soup • Dried bean soup • Corn soup • Pea soup
Desserts	<ul style="list-style-type: none"> • Custard • Plain pudding • Ice cream • Sherbet or sorbet • Jell-O or gelatin without added fruit or red or purple dye • Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts 	<ul style="list-style-type: none"> • Coconut • Anything with seeds or nuts • Anything with added red or purple dye • Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts
Drinks or beverages	<ul style="list-style-type: none"> • Coffee • Tea • Hot chocolate or cocoa • Clear fruit drinks (no pulp) • Soda and other carbonated beverages • Ensure, Boost, or Enlive without added fiber 	<ul style="list-style-type: none"> • Fruit or vegetable juice with pulp • Beverages with red or purple dye
Other	<ul style="list-style-type: none"> • Sugar • Salt • Jelly • Honey • Syrup • Lemon juice 	<ul style="list-style-type: none"> • Coconut • Popcorn • Jam • Marmalade • Relishes • Pickles • Olives • Stone-ground mustard