



## Instructions: Colonoscopy (Split Dose) Preparation

**Date of Procedure:** \_\_\_\_\_

**Time:** \_\_\_\_\_

(IMPORTANT: You must arrive 45 minutes prior to your appointment. Your driver must arrive with you and stay in the facility until the procedure is over.)

**Phone:** 847-247-0187

**Location:** **Gurnee Endoscopy**  
731 S. IL Route 21, Suite 150  
Gurnee, IL 60031

**Arrival Time:** \_\_\_\_\_

You have been scheduled for a colonoscopy. A colonoscopy is an examination of the colon (large bowel) with a lighted flexible tube called a colonoscope. Your efforts at cleansing your colon are essential for an accurate examination.

### **Colonoscopy Preparation with Miralax and Gatorade:**

Please purchase the 3 over the counter products listed below

- 2 Bisacodyl 5mg Tablets (Laxative) Dulcolax
- 1 Miralax 238 gram bottle
- 2 Gatorade (Lemon-Lime or Orange) 32 oz bottles

Read these instructions carefully at least one week prior to your exam. For more information about the benefits and risks of colonoscopy, please refer to the information pamphlet given to you, or call our office for additional information.

**Please Contact your PCP/Cardiologist for cardiac clearance if any of the following relate to your current health:**

- You are currently being treated for a cardiac condition.
- You have a **cardiac stent** and are taking a prescription medication.
- If you are currently taking any “blood thinners”; such as ASA, Plavix, Coumadin or Lovenox to receive medication.
- You have a pacemaker or defibrillator please let our office know immediately.

### **Medication and Diet Instructions:**

Five days before the procedure:

1. Stop taking medications listed below:

- |                        |                  |
|------------------------|------------------|
| • Coumadin (Warfarin)  | Effient          |
| • Plavix (clopidogrel) | Brilinta         |
| • Pradaxa              | Xarelto – 2 days |
| • Lovenox – 1 day      | Eliquis – 2 days |
| • Heparin              |                  |

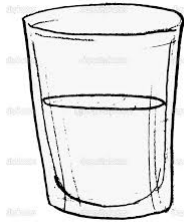
2. If you have an artificial heart valve, you need to talk to your primary care physician or cardiologist about using an alternative anticoagulant. Make sure the doctor doing your colonoscopy knows that you have a prosthetic valve.

### Three days before the procedure:

1. Avoid eating nuts, seeds, popcorn, grapes, green peas, beans and tomatoes.

### Day before the procedure:

1. You may have 2 scrambled eggs for breakfast **ONLY**.
2. Start drinking clear liquids in the morning and continue throughout the day. Clear liquids include black coffee, tea with no milk, soda, Gatorade, Propel, water, clear juices (apple juice, white grape, white cranberry), clear broth, popsicles and Jello (no red, blue, or purple colors). **Do not eat any solid food while on this diet. Do not drink alcohol. No dairy products.**
3. In the morning, Mix the Miralax with Gatorade (64oz), shake well and refrigerate.
4. At 12:00 pm take 2 (two) Dulcolax (Bisacodyl 5mg) tablets with 8oz of water.
5. At **5:00pm** start drinking 8oz of the Miralax and Gatorade every 10-15 minutes, please drink only half (32 oz) of the solution.



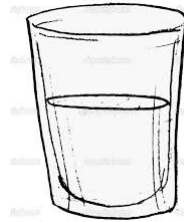
5:00pm - 8oz



5:15pm - 8oz



5:30pm - 8oz



5:45pm - 8oz

6. Refrigerate the remainder of the Miralax and Gatorade (32oz) and maintain a CLEAR liquid diet until bedtime.

### Day of your Colonoscopy:

1. Six (6) hours prior to your appointment: **5AM**
2. Drink 8oz of the Miralax every 10-15 minutes until the solution is finished (32 oz.)
3. **No eating or drinking anything 4 hours prior to your appointment.**

#### Cardiac Patients:

- Continue taking medication as directed.

#### Diabetic patients:

- If you are taking an oral hypoglycemic (sugar pill), **do not take** it the day of your procedure. If you are taking insulin, take ½ of your prescribed insulin dose the day before of your procedure. Do **not take** insulin the day of your procedure. You may take the insulin after the procedure.

**Please contact the office with any questions at 847-247-0187**