

## **COLONOSCOPY PRE-OP INSTRUCTIONS**

1. Your Procedure is scheduled for:  
\_\_\_\_\_
2. Please be sure to stop any aspirin or blood thinners \_\_\_\_\_ days before your procedure.
3. PLEASE FOLLOW ATTACHED BOWEL PREP INSTRUCTIONS.
4. Report to the hospital at \_\_\_\_\_am/pm the day of your surgery. Make sure a responsible adult can drive you home.
5. If you have insurance we will call to pre-certify your procedure.
6. There is a form at the end of this packet. This is a hospital required form. Please complete the form and take with you to the hospital the day of your procedure.
7. Your deposit of \$\_\_\_\_\_is due in our office on or before \_\_\_\_\_. This is our **estimate** of your responsibility for the surgeon's charges and does not include the hospital, anesthesia, or any other provider charges.

OUTPATIENT COLONOSCOPY INSTRUCTIONS  
DULCOLAX & MIRALAX PREP

PURCHASE FROM YOUR PHARMACY:

TWO (2) DULCOLAX TABLETS

ONE (1) 238 GRAM BOTTLE OF MIRALAX

ONE (1) 64 OUNCE BOTTLE OF GATORADE (NO RED OR PURPLE)

You do not need a prescription to get this. Do not exceed the recommended dosage given in these instructions, as serious side effects may occur.

DAY BEFORE THE PROCEDURE

DATE: \_\_\_\_\_

Drink only clear liquids for breakfast, lunch and dinner. Solid foods, milk or milk products are not allowed. Clear liquids include all of the following that are not colored red or purple: strained fruit juices without pulp (apple, white grape, lemonade), carbonated and non-carbonated soft drinks, Kool-Aide (or other fruit flavored drinks), plain Jell-O (without added fruit or toppings), ice Popsicles, clear broth, black coffee without cream and tea.

PREP SCHEDULE

\*Breakfast – have only clear liquids

\*Lunch – have only clear liquids

\*Dinner – have only clear liquids

SOMETIME BETWEEN 12NOON & 6:00PM – TAKE THE 2 DULCOLAX TABLETS. (Please keep in mind that the cleansing process will take 4 to 8 hours or longer, so plan your schedule accordingly.)

TWO HOURS AFTER TAKING THE DULCOLAX TABLETS – MIX THE 238 GRAM BOTTLE OF MIRALAX IN THE 64 OUNCES OF GATORADE. SHAKE UNTIL THE MIRALAX IS DISSOLVED. DRINK 8 OUNCES OF THE MIXTURE EVERY 15-30 MINUTES UNTIL THE ENTIRE SOLUTION IS GONE. (IF YOU BECOME NAUSEATED FROM THE MIRALAX, STOP AND RESTART IN ABOUT 1 HOUR)

Continue to drink clear liquids until midnight. AFTER MIDNIGHT – NOTHING MORE TO EAT OR DRINK. It is very important that the liquid stools be clear, or else your doctor will not be able to see the walls of your colon, where abnormalities may be hidden.

**DAY OF THE EXAMINATION:**

**DATE:** \_\_\_\_\_

You may take any heart, blood pressure, or acid reflux medications just before you come with just a sip of water. If you take iron, aspirin, blood thinners, or insulin, you will receive special instructions regarding the taking of these medications.

1. Please leave all valuables at home. This includes jewelry, money, and etc.
2. Report to the Registration desk at \_\_\_\_\_ am/pm to register for your procedure. Bring your insurance information and cards with you. This will be done one hour before the test is to be done to allow time to prepare you for the exam.
3. An IV will be started in the hand or arm for administration of sedative for the exam.
4. Monitors will be attached for monitoring your heart rate and vital signs. This is not uncomfortable or painful to you.
5. The procedure will begin when your doctor arrives in the unit ready to begin.

**AFTER THE PROCEDURE**

1. Have a companion accompany you or arrange for someone to pick you up. You will not be able to safely drive home due to sedation given to you during the colonoscopy.
2. You will be taken from the procedure room to recovery area where you will be watched until the sedation has worn off and you are stable enough to function at home safely. You cannot drive a car, drink alcohol, or take care of a dependent person, such as a child, for 24 hours after the examination. The sedation will usually wear off in 1-2 hours after the exam and you can be dismissed to go home.
3. The nurse in the Recovery Area will escort you to the car in a wheelchair.
4. If you have any questions, please call Vicki at (972)923-1457.