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**Colonoscopy/Surgery Prep Instruction Sheet**

**Date:** \_\_\_\_\_

**Location:** \_\_\_\_\_

**\* For colonoscopy's, you must have a driver to take you and remain there while you are at the facility.**

**What you will need to purchase to do your prep. (OTC MEDS)**

Miralax 238 grams (8.3 OZ), 4 Dulcolax Laxative Tablets and 1 bottle Milk of Magnesia

**Preparation Instructions for Colonoscopy/Surgery**

**Stop ALL Aspirin/Fish Oil and Plavix 7 days prior and Coumadin 3 days prior, please check with your doctor who monitors these medications before stopping them.**

**Do not eat any fruit or vegetables (cooked or raw) 3 days prior to prep**

**\*If you are a diabetic patient: you are to have 1/3 of your daily insulin or other diabetic medicine the day before your colonoscopy. NO insulin or diabetic medicine the day of your colonoscopy.**

**\*DO NOT STOP ANY HIGH BLOOD PRESSURE MEDICATION\***

**\* 2 Days prior - At 7pm, take 2 Dulcolax Laxative Tablets\***

**\* 1 Day prior to colonoscopy - CLEAR LIQUIDS ONLY, NO FOOD\***

**\* 1 Day prior to colonoscopy - take remaining 2 Dulcolax Laxative Tablets in morning, clear liquid diet all day**

**You may have anything you can see through. Examples are:**

- Chick Broth/Beef Broth
- Vernors/7UP
- Tea, No MILK, very little sugar
- Coffee (Black) no sugar
- Jell-O, Popsicles (**Nothing Red, Blue, or Purple**)
- Gatorade

**\*\*At 5pm mix the whole bottle of Miralax 238GMS (8.3OZ) with 64 OZ of Gatorade or vitamin water and start drinking 8 Oz every 15 minutes until it's gone.**

**After you complete prep drink 2 oz of Milk of Magnesia**

**PLEASE DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**

**Due to last minute cancellations times may change.**

**Last minute cancellations and no shows will be charged a \$45 fee, this will need to be paid prior to rescheduling.**