

# Bowel Preparation and Instructions for Colonoscopy

-Split Prep For Dr. Allen's Patients Only-

**Patient Name:** \_\_\_\_\_  
**Facility:** \_\_\_\_\_  
**Procedure Date:** \_\_\_\_\_  
**Arrival Time:** \_\_\_\_\_  
**Procedure Time:** \_\_\_\_\_

**Purchase at pharmacy:**

**2 Dulcolax (bisacodyl 5 mg) tablets, 238 gram bottle of Miralax, and 64 oz. Gatorade (not red)**

- If you regularly take Plavix (clopidogrel) or Coumadin (warfarin), stop this medication 5 days prior to colonoscopy unless we have discussed this issue and decided you'll continue these agents.
- Do not take medicines containing aspirin for 5 days prior to colonoscopy.  
(Includes Alka-Seltzer, Anacin, Ascriptin, Ecotrin, Empirin, Excedrin, Halfprin).
- Do not take any anti-inflammatory medicines for 5 days prior to colonoscopy.  
(Includes Advil, Aleve, Anaprox, Daypro, Diclofenac, Etodolac, Ibuprofen, Indocid, Ketoprofen, Ketorolac, Lodine, Motrin, Naprosyn, Nuprin, Relafen, Toradol, Voltaren).

If pain relief is needed, use Tylenol (acetaminophen).

**In order for colonoscopy to take place, the colon must be absolutely clean:**

- For **five days** prior to colonoscopy:

**Avoid the following:**

- Bulk laxatives (Metamucil, Citrucel, Konsyl, Fibercon, Benefiber, Bran, Effersyllium)
- Stool softeners
- Iron-containing vitamins (Multivitamins with iron, Geritol) and fish oil supplements

- For **two days** prior to colonoscopy, **avoid salads, fruit peels, beans and corn.**
- Starting on **the morning of the day before co colonoscopy**, begin a **clear liquid diet**, which includes the following:

- |   |                                 |
|---|---------------------------------|
| -Bouillon and clear broths, such as chicken broth | -Popsicles® (not red or purple) |
| -Black coffee or tea                              | -Gatorade (not red or purple)   |
| -Jello® (no fruit or toppings, no red or purple)  | -Hard candy                     |
| -Fruit juices with <u>no pulp</u>                 | -Carbonated beverages           |

**The following are not allowed:**

- Any food or drink colored red or purple.
- Any solid food other than hard candy or Popsicles
- Any dairy products including milk, cheese, ice cream, and yogurt.

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• Starting in the **afternoon** on ***the day prior to colonoscopy:***

-At **3 pm**, take the 2 Dulcolax tablets with a glass of water.

-At **5 pm**, **mix the 238 gram bottle of Miralax in 64 oz. of cold Gatorade**. Shake the solution until the Miralax is dissolved. Drink an 8 oz. glass of the solution every 10 to 15 minutes.

Drink **half (1/2) to three-fourths (3/4)** of the mixture the night before the exam.

• **On the day of your colonoscopy**

-On the day of the procedure, set your alarm to wake up at least 4 hours prior to **your arrival time** to the endoscopy center.

-**Drink the remaining preparation as quickly as possible finishing at least 4 hours prior to your arrival time.**

-You may have clear liquids up to **4 hours prior to your procedure time** as indicated above.

-Take your regular heart or blood pressure medications in the morning with a small sip of water up to 2 hours prior to the procedure

-If you are diabetic, measure your blood sugar the night before and the morning of colonoscopy; if your sugar is low, you may have some juice. Do not take insulin or diabetic medications until after the procedure the day of the exam

-You may apply some Anusol or vaseline around the anus if the anal area becomes sore due to passage of liquid stool.

**You will be sedated for the exam and will not be able to drive for the rest of the day.  
Bring someone with you who can drive you home.**

*I have read and fully understand the importance of complying with above instructions.*

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

Signature of Patient: \_\_\_\_\_

**Failure to comply with these instructions may result in the cancellation and subsequent rescheduling of your colonoscopy procedure.**