

## Colonoscopy Preparation Planner



**Procedure Time:** you will be contacted within 1 week of the procedure date with your arrival time.



**Transportation:** Once you have received your arrival time, coordinate your transportation needs for the day of the procedure. **According to State law you may not, under any circumstance, be allowed to drive a motor vehicle home or walk home once your procedure is completed. We reserve the right to cancel the procedure at any time if transportation is not confirmed.**



**Medications:** Please stop Vitamin E, any multi-vitamins containing Vitamin E, any oil based supplements, (fish oil, castor oil), and Iron supplements **1 week prior to procedure.** **DIABETICS SHOULD CHECK WITH THEIR DOCTOR REGARDING THEIR MEDICATIONS.**



### 3 days before procedure:

1. **Begin the recommended low residue diet.** (See website for more information on low residue diets)
2. **Go to the store and purchase (1) 64oz. bottle of Gatorade® (no red), (1) package of Ducolax® 5mg tablets, and 1 large bottle (8.3oz or 238gm) of MiraLAX®.**



### 2 days before procedure: (Last Chance to cancel procedure without possible financial penalties)

1. **Begin the recommended clear liquids diet at 6 PM.** (See website for more information on clear liquids)
2. Drink a minimum of (8) glasses of CLEAR liquids (total of ~64oz.), throughout the day.
3. Eat your last meal between the hours of 5-6 PM.



### 1 Day before your procedure:

1. **Continue the recommended clear liquid diet.** (See website for details)
2. Drink a minimum of (8) glasses of CLEAR liquids (total of ~64oz.), throughout the day to prevent dehydration.

## **If you are scheduled for an AM or PM arrival:**



**FIRST STEP- 3PM (the day before the procedure), take (2) Ducolax® tablets.**

**SECOND STEP- 5PM (the evening before procedure), mix the entire bottle of MiraLAX® with the Gatorade® in a large container, shake the solution until fully dissolved, and drink entire container**

**THIRD STEP- 7PM (the evening before procedure), take (2) Ducolax® tablets.**

**\*\* Apply Vaseline or hemorrhoid cream/wipes to any anal irritation that may occur.\*\***

### Procedure Day:

1. If your bowel movements are not clear – take 1-2 Fleet® enemas before leaving home. (Clear can be defined as yellow or water-clear).
2. Arrive at your appointed time wearing loose-fitting clothing, socks, and a short-sleeved T-shirt.
3. **NOTHING TO DRINK WITHIN 4 HOURS OF YOUR ARRIVAL TIME.**