

CRS COLON RECTAL SPECIALISTS DISEASE OF THE COLON AND RECTUM

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FOR 7 DAYS PRIOR TO YOUR COLONOSCOPY

- **If you are taking COUMADIN (Warfarin), stop for 3 days prior to day of colonoscopy**
- **If taking anti-platelet drugs, such as Plavix, Effient or Ticlid, stop for 7 days prior to colonoscopy; if you have any concerns regarding stopping your anticoagulation medication please check with your prescribing physician**
- **You may continue your aspirin up to your colonoscopy**
- **If you are taking other blood thinners, such as Pradaxa and Xarelto, stop 1 day prior to colonoscopy; for Eliquis, stop for 2 days prior to colonoscopy**
- **If you are DIABETIC, Follow these guidelines:**
 - o **It is important to monitor your blood sugar during the bowel preparation**
 - o **Oral Medicine (“sugar pill”): Do not take either the day before or the day of your procedure.**
 - o **Lantus, Levemir Insulin: No change to dosing. Take normal dose.**
 - o **All Other Insulins: Take half (1/2) of your usual scheduled insulin dose the morning of your procedure**

Please be advised that there will be a \$50 cancellation fee for procedures cancelled within 3 days of your scheduled date.

MIRALAX PREPARATION

Your colonoscopy is scheduled for _____ at _____.

The hospital or surgical facility will call you with the exact arrival time one business day before your procedure.

*****YOU MUST HAVE SOMEONE DRIVE YOU, STAY WITH YOU AND DRIVE YOU HOME*****

To allow a thorough examination, the following measures must be carefully followed to assure good bowel cleansing. Please note that individual responses to laxatives vary. This preparation will cause multiple bowel movements. Restroom facilities should be readily available.

3 Days Prior to Your Colonoscopy:

- ✓ Start a low fiber diet: No popcorn, seeds, nuts, raw fruits or vegetables. Stop all fiber supplements.

Purchase:

1. One 238 gram plastic container of Miralax or generic
 2. 5 mg. Bisacodyl laxative tablets (ex. Dulcolax) You will need a combined total of 4 tablets.
 3. 64 ounces of Gatorade **No red, orange or purple** (optional: 32 oz. of Gatorade mixed with 32 oz. of water)
- ✓ All items required for your bowel preparation are available OTC (over the counter).
 - ✓ Review **Important Notes about Medications** for any adjustments you will need to make about certain medications that you may be taking.
 - ✓ No herbal medications/supplements, vitamin E, fish oil or diet aids may be taken for two weeks prior to your colonoscopy. (An ordinary multi-vitamin is acceptable.)
 - ✓ If you have a **heart murmur, artificial heart valve, pacemaker, heart defibrillator, heart stent or artificial joint** be sure the office is aware of this prior to your procedure.

Preparation: One Day Before Your Colonoscopy

1. You may have a soft light breakfast, such as Cream of Wheat, soup, yogurt or milkshake.
2. After breakfast, only drink **clear liquids** .*
3. At noon, take **2 Dulcolax** tablets along with a glass of water.
4. At 3:00 pm, take **2 additional Dulcolax** tablets along with a glass of water.
5. At 6:00 pm (**or earlier, if your schedule permits**), mix the entire 238 gram bottle of **Miralax** with 64 ounces of Gatorade. Drink one 8 ounce glass every 15 – 20 minutes until finished.
6. Do your best to drink the chilled Gatorade solution over 2 hours or so. If you become nauseated, slow down, take a break, and restart as soon as possible.
7. Hopefully you will finish evacuating the solution to have a good night's rest.
8. **YOU MAY HAVE CLEAR LIQUIDS UP UNTIL 3 HOURS PRIOR TO YOUR ARRIVAL TIME. NOTHING BY MOUTH AFTER THAT. No Smoking**

* **Clear liquids** include water, clear broth, Jello, apple juice, white grape juice, coffee, tea, 7-up, cola, ginger ale, Popsicles. No dairy or any other milk products.

***** NOTHING RED, ORANGE or PURPLE *****

The hospital requires that you be accompanied by a driver who will register with you, wait at the hospital during the procedure and drive you home. **Your colonoscopy will be cancelled if you have not arranged for this.** You can expect to be at the hospital for 2–3 hours. **The surgical facility will call you with an arrival time. The office will not know your arrival time.**

YOU ARE RESPONSIBLE FOR ANY COPAY OR DEDUCTIBLE THAT MAY APPLY TO YOUR COLONOSCOPY. PLEASE CHECK WITH YOUR INSURANCE COMPANY TO SEE IF THIS PROCEDURE IS A COVERED BENEFIT.