

Your: \_\_\_\_\_

Is on: \_\_\_\_\_

Your Arrival time is: \_\_\_\_\_

**\*Please read instructions 1 week prior to procedure.**

1. You must have someone drive you home after the colonoscopy is completed because you will be sedated.
2. **One week prior to colonoscopy stop taking: fiber supplements and iron supplements.**
3. **PURCHASE AT THE PHARMACY:** (over the counter) 238 Gram bottle of Miralax, Dulcolax laxative tablets and 64 oz Gatorade (Not Red) or Crystal Light (Not Red).
4. The **day before** the colonoscopy

**No solid food or milk products.**

**Clear liquids only:** water, tea, coffee, Gatorade (Not Red), Crystal Light (Not Red), apple, or cranberry juice, Jell-O (no red Jell-O), beef or chicken broth, sodas, ginger ale, bouillon and popsicles.

- DRINK PLENTY OF FLUIDS ON THE DAY BEFORE YOUR COLONOSCOPY
- At 3:00pm take 4 Dulcolax laxative tablets
- At 5:00pm mix the 238 gram bottle of Miralax in 64 oz of Gatorade (Not Red), or Crystal Light (Not Red). Shake the solution until the Miralax is dissolved. Drink an 8oz glass every 25-30 minutes until the solution finished. Continue drinking clear fluids until bedtime.

**Use Vaseline, Desitin, or A&D Ointment on anal area to prevent irritation**

5. The day of Exam you may have clear liquids until four (4) hours before colonoscopy.

**Nothing after \_\_\_\_\_**

- Heart medications and blood pressure medications should be taken on the day of your procedure with a sip of water.
- If you use inhalers for asthma or breathing problems, please bring them in with you the day of the examination.
- If taking Coumadin, check with your primary physician when to stop it.
- **Please limit jewelry to rings only. No earrings or necklaces should be worn.**

**If you are having problems with your prep, you may call our office at (904) 824-6108 extension 221. After 5:00pm, please call Flagler Hospital at (904) 819-4802 or (904) 826-4700 and ask for your physician.**