



By scheduling your colonoscopy you have taken a key step in addressing your overall GI health. In doing so, you have given yourself the best chance at early detection of diseases that can impact your overall colon health and your quality of life. Our North Clinic doctors, as well as the staff at our procedure centers, are also committed to doing their part to ensure your procedure goes as smoothly as possible. However, in order for that to occur you need to do your part in successfully preparing your colon for the procedure. Your doctor has chosen the Miralax/Dulcolax prep as the one that is best for you.

Please review the preparation schedule below and follow the instructions carefully. Should you need further assistance or have any questions, please call 763-587-7880 (Monday-Friday 8:30am-5:00pm).

Stop Coumadin, warfarin, and/or Plavix 4 days before the procedure. **It is important you contact the physician who prescribed the medication, to get approval when stopping these medications.**

Diabetics should take half the dose of their diabetes medications on the day of clear liquids and hold their diabetic medications on the day of the exam. Please check your blood sugar before arriving.

If you take fiber supplements or medications containing iron, stop those 7 days before your procedure. This includes multi-vitamins with iron, Metamucil and Fibercon.

Purchase (over the counter):

- **4- Dulcolax (Bisacodyl) Laxative Tablets (5mg)**
- **1- 8.3 oz (238gram) bottle of Miralax**
- **64 oz. Gatorade bottle (no red or purple)**

3 Days Prior to Procedure:

Avoid foods high in fiber. If you have eaten any high fiber foods, please stop and continue the prep. You should keep your appointment.

- **Avoid raw vegetables (you MAY eat cooked, canned, steamed, baked and broiled vegetables)**
- **Avoid foods containing seeds, nuts, and popcorn**
- **Avoid bulking medications such as Fibercon, Citrucel, Metamucil**

This is the last chance to cancel your appointment. If you need to reschedule, please call our clinic at 763-587-7880 (Monday-Friday 8:30am-5:00 pm) or after hours at 763-587-7900.

Day Before Procedure:

1. **From the time you wake up the day before your procedure** you are to be on a **clear liquid diet** only. This includes water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer), Gatorade, Pedialyte, carbonated and non-carbonated sodas, fruit juices without pulp, Jell-O, and popsicles. **No milk or dairy products. No red or purple liquids. No alcohol.**
2. At **12:00 noon** take **4 Dulcolax tablets**.
3. At **4:00 pm** mix the entire contents of the **Miralax** bottle with the **Gatorade**. Mix well; making sure the powder is entirely dissolved. **Drink an 8 ounce glass of the solution and continue to drink one 8 ounce glass every 15 minutes until the mixture is gone.** *If you feel nauseous from the quick consumption of fluids, you may stop until the nausea subsides and then continue drinking the prep solution.* Chilling the mixture is often helpful.
4. After finishing the Miralax preparation, you should continue to drink additional clear liquids. This will help with the quality of the prep as well as help with your hydration.
5. Individual responses to laxatives can vary. It often works within 30 minutes but may take up to several hours before it starts to work. **The prep will cause multiple bowel movements.**
6. Apply A & D ointment or Vaseline to the rectal area to prevent irritation if needed. Soaking in a warm tub may help as well.
7. If you are having problems consuming the prep please call the clinic for further instructions.

Procedure Day:

1. Stop drinking clear liquids 4 hours before the procedure.
2. **You may take heart, blood pressure, or seizure medications the morning of your procedure.** All other medications should be taken after the procedure.
3. If you have followed the instructions and are passing clear or yellow liquid you are ready for the exam.
4. We ask that you not wear any jewelry to the appointment.
5. Please wear loose, comfortable clothing, and comfortable/stable shoes. You may be a little unsteady when you leave.
6. **Please bring a list of medications you are currently taking, including over the counter, vitamin, and herbal supplements; make sure to include any allergy information as well.**
7. **Bring a photo ID and your insurance card to the procedure.**

Because you will be given medication which will make you drowsy, you will need to **arrange for transportation home and someone to stay with you for 12 hours after your procedure.** **If you do not have a responsible driver, your procedure will be cancelled and rescheduled.** **You cannot drive or return to work the remainder of the day after your procedure.**

It is normal to have some feelings of anxiety or concern about having a colonoscopy. Our North Clinic doctors and Endoscopy staff will be there to assist you. Our goal is to get your procedure done safely and comfortably for you.