

Bowel Prep Instructions for Colonoscopy



PLEASE READ AS SOON AS YOU RECEIVE THIS INFORMATION and check off each box to indicate your understanding. Failure to follow these instructions may result in cancellation or delay of your procedure.

1 WEEK BEFORE your colonoscopy:

- Purchase each item below (sold over-the-counter):
 - 4 Bisacodyl (Dulcolax) 5 mg laxative tablets
 - Miralax 238 gram bottle (8.3 ounces)
 - 64 ounce bottles of Gatorade or Propel Fitness Water — NO RED OR PURPLE
 - OSTOMY PATIENTS ONLY: Purchase one (1) Fleets Enema

5-7 DAYS BEFORE your colonoscopy:

- Contact your primary care provider for direction on if or when to stop taking blood thinners: aspirin, warfarin (Coumadin), clopedigrel (Plavix), dabigatran (Pradaxa), rivaroxaban (Xarelto), Eliquis, Effient.
- Discontinue iron or multi-vitamins that contain iron.
- Discontinue garlic supplements.
- Stop any fiber supplements you are taking until after the procedure.

3 DAYS BEFORE your colonoscopy:

- Do NOT eat high-fiber foods, such as corn, popcorn, nuts, seeds and vegetables containing seeds (e.g., tomatoes, cucumbers).
- Arrange for someone to drive you home after your colonoscopy.**

1 DAY BEFORE your colonoscopy:

- Do not eat food until after your colonoscopy.
- Drink only clear liquids the **ENTIRE DAY** (see “Clear Liquid Diet” to the right for what items are allowed and NOT allowed).
- At 1:00 pm** (no later than 3:00 pm) take 4 Bisacodyl/Dulcolax tablets.
- 2 hours after** taking Bisacodyl/Dulcolax tabs, mix 64 ounces of Gatorade or Propel with the bottle of Miralax — **drink this within a 2-hour period.** *If you become nauseated or begin vomiting while drinking the solution, slow down; when the nausea subsides, begin drinking the solution again.*
- Continue the “Clear Liquid Diet” **until midnight.**
- After midnight NOTHING TO EAT OR DRINK and until after your colonoscopy.** This includes no mints, gum or tobacco products — **DO NOT SMOKE.**

DAY OF your colonoscopy:

- OSTOMY PATIENTS ONLY: Complete 1 Fleets Enema the morning of the procedure, prior to hospital arrival.
- Present to the hospital main entrance and check-in at registration.
- Make sure you bring:
 - a photo ID
 - insurance card(s)
 - list of current medications
- A responsible adult will need to drive you home.**
- No driving for at least 24 hours after your procedure.

CONTACT INFORMATION:

Ambulatory Care (660) 831-3273, Monday-Friday 5:30 am - 4:00 pm

Colonoscopy date:

Estimated arrival time*:

_____ a.m. / p.m.

** A nurse will call to confirm your arrival time. If you have not been contacted, please call the number below to confirm your appointment time and any additional information.*

CLEAR LIQUID DIET

1 day before your colonoscopy

Allowed:

- ✓ Water
- ✓ Clear broth (chicken, beef or vegetable broth)
- ✓ Apple juice
- ✓ White grape juice
- ✓ White cranberry juice
- ✓ Lemonade
- ✓ Clear beverages (coffee, colas, tea)
- ✓ Ices, jello, popsicles without fruit (NO RED OR PURPLE)

NOT Allowed:

- ✗ Alcohol
- ✗ Nothing red or purple in color
- ✗ Milk or milk products
- ✗ Orange juice
- ✗ Tomato juice
- ✗ Cream soups
- ✗ Cream of wheat
- ✗ Oatmeal

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