

# 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

Form ID# MSA02 (Rev 1/2023)



Your Healthcare  
made personal