



Colonoscopy Prep Instructions for Non-Diabetic Patients

Please check your insurance company for coverage and deductible.

You will need to buy (no prescriptions needed):

1. One 238 gram (8.3 oz) bottle of Miralax Laxative Powder
2. 64 ounces of Gatorade (NOT RED, PURPLE, OR ORANGE)
3. Fleet enema

If constipation has been a problem you will need to start Miralax twice daily 7 days prior to procedure, to be used as directed on container.

THREE (3) DAYS PRIOR TO THE PROCEDURE:

- a. Eat light, smaller portions at mealtime. Avoid salad, vegetables (except potatoes) nuts, and seeds. (i.e. berries, jams, tomatoes, cucumbers, strawberries, and sesame seeds)
- b. Stop iron, calcium and multivitamins.

DAY PRIOR TO THE PROCEDURE:

- a. A clear liquid diet after breakfast (that means a clear liquid lunch and dinner that day. This may include plain tea, black coffee, clear broth, jello gelatin (not pudding), soda, popsicles, and fruit juices.
- b. **NO LIQUIDS CONTAINING RED OR PURPLE DYE, ONLY CLEAR LIQUIDS WITH YELLOW, GREEN, BLACK, OR BROWN COLORS. NO DAIRY PRODUCTS ALL DAY.**
- c. No alcoholic beverages.
- d. If you're hungry, you may add Ensure or Boost to your diet.

6:00 p.m.

- Mix 238 grams of Miralax powder with 64 ounces of Gatorade (No red, orange, or purple coloring)
- Drink one 8 ounce glass of the mixture every 15 minutes until ½ of the prep solution is gone. This will be four, 8 ounce glasses.

DAY OF THE PROCEDURE:

NO ENSURE OR BOOST on the day of the procedure.

- Six (6) hours before procedure, drink one, 8 ounce glass of the prep solution every 15 minutes until the second half of the Miralax mixture is gone.

- STOP! DO NOT TAKE ANYTHING ELSE BY MOUTH (FOOD OR LIQUIDS). This includes chewing gum and mints!
- If rectal output is not clear yellow, then use the Fleet enema.

Your procedure will be performed at:
Novant Health Brunswick Medical Center
240 Hospital Drive NE
Bolivia, NC 28422

Leave all jewelry at home.

Due to the sedation, the hospital will NOT allow you to drive yourself home or use public transportation! You MUST have a family member or friend with you at the hospital. They will have to remain at the hospital with you the entire time until you are discharged and then they will have to drive you home....NO EXCEPTIONS!!!!

Rest at home the remainder of the day. Memory, coordination, and judgement may be impaired on the day of the test.

PROCEDURE DATE: _____

ARRIVE AT BRUNSWICK MEDICAL CENTER AT: _____

START LAST PREP AT: _____

SPECIAL INSTRUCTIONS:

BLOOD PRESSURE AND HEART MEDICATIONS: IF YOU ARE ON BLOOD PRESSURE AND/OR HEART MEDICATIONS AND THEY ARE USUALLY TAKEN IN THE MORNING, YOU MAY TAKE YOUR MEDICATION AS USUAL PRIOR TO THE PROCEDURE WITH A SIP OF WATER.

BLOOD THINNERS – Please contact our office if you are taking any of the medications listed here for further instructions on how to proceed.....
Aspirin, Coumadin, Warfarin, Effient, Plavix, Xarelto, Eliquis, Ticlid, Mobic, Meloxicam, Celebrex, Goody/BC Headache powders, arthritis medications, any prescribed diet medications!

*****IF YOU ARE ON PHENTERMINE YOU WILL HAVE TO BE OFF OF IT FOR 2 WEEKS BEFORE PROCEDURE DUE TO CARDIAC RISK*****