

BOICE-WILLIS CLINIC



COLONOSCOPY INSTRUCTIONS – *Over the Counter, NO PRESCRIPTION REQUIRED:*

ITEMS TO PURCHASE:

1. **DULCOLAX** (BISACODYL) *Over the Counter no prescription required, available in generic form: 2 TABLETS*
2. **MiraLAX Powder** (POLYETHYLENE GLYCOL) *Over the Counter no prescription required, available in generic form: 8.3oz BOTTLE Powder for Solution*
3. GATORADE (NO RED OR PURPLE): (2) 28oz BOTTLES

****DIABETIC PATIENTS SHOULD USE GATORADE G2, GATORADE ZERO, OR CRYSTAL LIGHT****

DAY BEFORE YOUR PROCEDURE (PREP DAY):

- **CLEAR LIQUID DIET ALL DAY (no solid food)**

EXAMPLES OF CLEAR LIQUIDS:

Coffee (no cream)	Water
Tea	Jell-O (no red or purple)
Clear fruit juice (apple/white grape)	Gatorade (no red or purple)
Soft drinks (no red or purple)	Clear broth (chicken or beef)
Popsicles (no red or purple)	Lemonade (no pulp)

- Make sure you drink clear liquids throughout the day to stay well hydrated
- 10:00am take 2 Dulcolax (Bisacodyl) tablets (*Can take later if needed by 4:00pm at the latest*)
- Mix ENTIRE 8.3oz bottle of MiraLAX powder with both bottles of Gatorade
 - Mix in a separate container or pitcher
 - Chill in the refrigerator
- 5:00pm Drink HALF of the MiraLAX powder/Gatorade mixture you prepared (approximately 28oz)
 - Drink an 8oz glass of the mixture every 15 minutes
 - If you become nauseated while taking the prep, slow your rate of drinking
- You may continue to drink clear liquids until midnight

PROCEDURE DAY:

- (4 hours before your procedure) drink the remaining MiraLAX powder/Gatorade mixture.
 - Drink an 8oz glass of the mixture every 15 minutes
 - Prep MUST be completed at least 2 hours prior to your arrival

Medications:

Blood Thinners:

If you take blood thinners, such as Coumadin, Eliquis, Pradaxa, Xarelto, or Savaysa, please contact your Primary Care or Prescribing Doctor and ask when and if you need to STOP taking the medication prior to your procedure.

- If you take Aspirin or Aspirin containing products, you DO NOT have to stop these medications.

Insulin and Diabetic Medications:

- DO NOT take any insulin or diabetic medications the evening before or the morning of your procedure.
- Please remain attentive to your blood sugar levels. Check your blood sugar 2 hours before arrival. If less than 60, you may drink one cup of Ginger Ale or Apple Juice only. Recheck your blood sugar after 15 minutes, as this should alleviate any drop in your blood sugar. Call Endoscopy with questions.

Blood Pressure Medications:

- Please take any heart or blood pressure medications as prescribed with a sip of water. (at least 2 hours prior to your procedure time)

Inhalers/Nebulizers:

- The morning of your procedure, use your regularly prescribed inhalers/nebulizers and bring any rescue inhalers with you.

Seizure Medication:

- Please take any seizure medications with a sip of water as prescribed with a sip of water. (at least 2 hours prior to your procedure time)
 - **If your procedure is tomorrow, and you need assistance with your prep after 5:00pm call 252-962-8822.**
- **Due to sedation, YOU MUST HAVE SOMEONE TO DRIVE YOU HOME AFTER YOUR PROCEDURE. We will not begin your procedure without your driver present. Failure to do so, may cause a delay or cancellation.**
 - **If you need to reschedule, cancel, or have any questions please contact us at 252-937-0231 option 3.**