

Please follow these instructions carefully for a safe and successful colonoscopy.

IMPORTANT:

1. Pick up the prescription Suprep cleansing from the pharmacy with enough time.
2. You will receive sedation during the procedure. Have someone who can drive and accompany you the day of the colonoscopy.

WHAT YOU NEED:

1. Miralax 238 gm (8.3 oz) bottle. No prescription needed.
2. Large (64 ounce bottle) of sport drink like Gatorade. If you have diabetes, buy a low calorie drink like Crystal light instead. You can also mix with water.

FIVE (5) DAYS BEFORE THE COLONOSCOPY:

1. STOP THESE MEDICATIONS (Unless instructed otherwise by your doctor):
 - a. Anticoagulants: such as: Warfarin (Coumadin), Eliquis, Xarelto.
 - b. Anti-platelet agents: Plavix (Clopidogrel), Pletal (Cilostazol)
 - c. NSAIDs: Aspirin, Ibuprofen (Motrin, Advil), Celebrex, Relafen, Naproxen.
 - d. Vitamin E and fish oil.
2. Do not eat foods and fruits that are or contain seeds (corn, poppy seeds, nuts). Start a low fiber diet (no salads, oatmeal, etc).

PREPARATION DAY — THE DAY BEFORE THE COLONOSCOPY:

The diet is straightforward - FOLLOW CLEAR LIQUIDS ONLY ALL DAY — NO SOLID FOOD.

Suggestions: Water, Clear beef or chicken or vegetable broth, Apple juice or white grape juice, Gatorade®, Sprite®, 7-Up®, Tea or coffee (NO milk/cream), Jell-O® or popsicles. Avoid: Dairy products, Red or purple liquids.

If you have diabetes mellitus, monitor your blood sugar frequently and adjust according to the glucose level.

Mixing and Drinking the preparation:

1. Mix Miralax in a gallon of liquid (water, gatorade, etc.). Do not use carbonated beverages to mix Miralax.
2. Start drinking the prep solution around 3:00 pm to 4:00 pm. Drink 8 oz every 15 minutes until finishing the preparation.
3. Drink additional fluids to prevent dehydration but stop drinking liquids 5 hours prior to the procedure.

Expected symptoms: Diarrhea, Cramping, Bloating, and sometimes mild nausea.

Helpful tip: Use baby wipes or barrier cream to reduce irritation.

DAY OF EXAMINATION: Take your routine medications (except for blood thinners) the morning of the test with a sip of water.