**Colonoscopy Prep Form**

Patient name:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_    DOB:   \_\_\_\_\_\_\_\_\_\_\_\_

Date and time of procedure: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You will check in at the admissions desk at Baxter Regional Medical Center.

**Plan ahead:**

-----The day of your procedure you will be given IV sedation so **you will need someone to drive you home.**

-----You should not drive a car, operate machinery, or ingest alcohol for at least 12 hours after your procedure.

----The day before your colonoscopy is **no solid food**, **only liquids.**

**You will need the following to complete this prep:** These items are available at any pharmacy.



**Do not take the following for 7 days prior to procedure:
Take last dose on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. Do not take iron pills or preparations (this includes multivitamins with iron) unless advised by physician.
2. Do not take Aspirin, Ibuprofen, Advil, Aleve, Fish oil, Turmeric, Phentermine, Meloxicam or some arthritis medications (ask if you are not sure if you need to hold these medications). You may take Tylenol.

**Do not take the following for 5 days prior to procedure:
Take last dose on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. Coumadin, Plavix, or any other blood thinners.  (If unsure check with Physician or Nurse)

**If you are a diabetic and take insulin or oral medications:**

Check your blood sugar frequently during your prep. You may also need to adjust your insulin or oral medications during your prep.

**1 day before your procedure:
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

~~This is your main prep day. No solid food today. You will be on clear liquids all day.  Clear liquids include the following:  **Avoid red & purple**

Water / Tea                 Juice – apple / white grape              Coffee without milkSodas                          Clear broth                Popsicles                         Jell-O           Hard candy                    Fruit flavored powdered drinks

(No milk products allowed!)

On the morning prior to your procedure will need to mix all the MiraLAX (238 grams) with 64 ounces of room temperature, non-red Gatorade (2 - 32-ounce bottles). Once the MiraLAX is fully dissolved, you can put the mixture in the refrigerator. Do not mix any sooner than this morning.

**Step 1**: 4:00 p.m. Take 4 Dulcolax tablets.

**Step 2**: 4:15 p.m. Start drinking 1 bottle of the MiraLAX mixture as follows:

      1. 4:15 - Drink 1 - 8-ounce glass of mixture.
      2. 4:30 - Drink 1 - 8-ounce glass of mixture.
      3. 4:45 - Drink 1 - 8-ounce glass of mixture.
      4. 5:00 - Drink 1 - 8-ounce glass of mixture.

**\*You will drink 4 glasses of the mixture total. When finished, the 2nd bottle of MiraLAX mixture will be remaining. Save it in the refrigerator for the second half of your prep.**

**Step 3:**

|  |  |
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| If told to report BEFORE 11:00 am:  | If told to report AFTER 11:00 am:  |
| At 11:00 p.m. the night before, take 2 Dulcolax tablets with water, then drink the remaining MiraLAX mixture as follows:  | At 6:00 a.m. the day of, take 2 Dulcolax tablets with water, then drink the remaining MiraLAX mixture as follows:  |
| 1. 11:15 - Drink 1 - 8-ounce glass of mixture.  | 1. 6:15 - Drink 1 - 8-ounce glass of mixture.  |
| 2. 11:30 - Drink 1 - 8-ounce glass of mixture.  | 2. 6:30 - Drink 1 - 8-ounce glass of mixture.  |
| 3. 11:45 - Drink 1 - 8-ounce glass of mixture.   | 3. 6:45 - Drink 1 - 8-ounce glass of mixture.   |
| 4. 12:00 (midnight) - Drink 1 - 8-ounce glass of mixture.  | 4. 7:00 - Drink 1 - 8-ounce glass of mixture.  |

**Be sure to finish the entire MiraLAX mixture. You can continue to drink clear liquids until 4 hours before your scheduled arrival time. Do not eat ANYTHING until after the procedure.**

**IT IS VERY IMPORTANT THAT YOUR COLON IS THOROUGHLY CLEANED OUT SO YOUR DOCTOR CAN PERFORM A COMPLETE EXAMINATION OF YOUR COLON.**