

## COLONOSCOPY PREP INSTRUCTIONS

### PROCEDURE before 10AM

Date of Procedure: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

\_\_\_ St. Thomas Midtown Hospital- 2000 Church St. Nashville, TN 37203 (615)284-1400

-2nd Floor Diagnostic and Interventional Services

\_\_\_ Nashville EndoSurgery Center- 300 20th Ave N. 8th floor Nashville, TN 37203 (615)284-1336

\_\_\_ Franklin Endoscopy Center- 9160 Carothers Pkwy #100 Franklin, TN 97067 (615)550-6066

Items you will need for your Prep:

1. Dulcolax laxative tablets -- Purchase over the counter
2. Miralax (238 gram bottle powder) – Purchase over the counter
3. Gatorade (two 32 oz bottles) NO RED colors \*\*diabetic patients should use diet Gatorade (called G2)\*\*
4. Magnesium Citrate (one 10 oz bottle) - Purchase over the counter

One week before your procedure: Stop taking all iron products

3 days before: Stop fiber supplements and high fiber foods such as seeds, nuts, beans and popcorn.

**DO NOT STOP ANY PRESCRIPTION BLOOD THINNERS OR HEART MEDICATIONS UNLESS YOU'VE RECEIVED INSTRUCTIONS FROM OUR OFFICE. You may continue aspirin daily.**

**The day before your procedure:**

\*\*Diabetic patients: \*Take regular diabetic **am** medication and/or insulin in the morning and in **pm** take **only of half** of diabetic medications and/or insulin.

**No solid food to eat:** You may only have beef, chicken or vegetable broth. You may also have plain Jell-O or popsicles

**Clear liquids only:** Gatorade, apple or white grape juice, soft drinks. You may also have tea or coffee but **NO** cream or milk.

**At 4:00 pm:** Take 4 Dulcolax laxative tablets.

**At 6:00 pm:** Mix the first half of your prep. Mix  $\frac{1}{2}$  **bottle of Miralax** into 32ozs of Gatorade. Drink 8ozs every 15 minutes until gone. If you feel unwell or have nausea; drink the preparation more slowly.

**At 9:00 pm:** Mix the second half of your prep. Mix  $\frac{1}{2}$  **bottle of Miralax** into the remaining 32ozs of Gatorade. Drink 8ozs every 15 minutes until gone. You must finish all of the prep before bedtime. When you are finished with the prep, your bowel movements should be liquid and mostly clear.

The day of the procedure:

#### **Important**

- If your stools are not clear, you should then drink the entire **10 oz bottle of Magnesium Citrate** within 30 minutes and complete 3 hours prior to your procedure. If you are still not well prepped, contact the facility for further instructions.
- You must have nothing by mouth 2 hours prior to your procedure.
- **NO FOOD OR DRINK AT ALL.**
- If you normally take medication in the mornings, take them with a very small sip of water two hours before procedure.

**\*\*Diabetics: Do not take any diabetic medication the morning of your procedure.\*\***