

Procedure Date:

Procedure Time:

Arrival Time:

Location:

INSTRUCTIONS FOR COLONOSCOPY PREPARATION

-Read Carefully-

PLEASE READ ALL THE INSTRUCTIONS SEVERAL DAYS IN ADVANCE SO YOU CAN BE ADEQUATELY PREPARED FOR THE PROCEDURE

To ensure your comfort, IV sedation can be given for this exam. You must have a responsible companion, family member, or friend, 18 years of age or older escort you to the endoscopy facility, be present during the procedure, at the time of your discharge, to drive you home, and stay with you for several hours after your procedure. You may not go home alone in a taxi, shuttle van, or bus, as these drivers will not be responsible for you. If you receive IV sedation, you may not drive until the following day. Please plan to be in the facility unit approximately 2-3 hours.

1 WEEK PRIOR TO EXAM

Purchase the following - two (2) 8.3oz (238g) bottles of Miralax powder (over the counter) and two (2) 64oz. Gatorade's ***NO RED OR PURPLE COLORS***

5 DAYS BEFORE THE EXAMINATION

Discontinue any medications that have blood thinning effects (i.e. aspirin, Advil, Motrin, Ibuprofen, Diclofenac, Mobic, Excedrin, Aleve, etc.). Tylenol products are not restricted.

If you are on Coumadin, Plavix, Eliquis, Pradaxa, Xarelto, Savaysa or any other blood thinner prescribed by a physician, you must call the prescribing physician to ensure it is safe to discontinue the medication prior to your procedure. Ask your prescribing physician how long you should be off the medication prior to your procedure

- **Do not take iron pills** for 7 days prior to your procedure.
- **Continue taking your other prescribed medications as usual.**
If you have any questions about your medications, call your prescribing physician.
- **Diabetic patients** - Please contact your primary physician for diet and medication instructions.
- If you have an internal defibrillator device (**AICD**), please bring your card to give to the nurse. You will need to know the name brand of your device prior to your procedure.
- **Are you pregnant?** Bowel cleansing products have not been researched or tested on pregnant women. Please discuss these risks with your OB/GYN.

MIRALAX Instructions

MORNING BEFORE PROCEDURE: Prepare your Gatorade/Miralax Solution

1. Mix one 64oz Gatorade with 8.3oz Miralax – repeat with 2nd Gatorade and Miralax
2. Follow the dosing times listed below to know when to drink each mixed prep
3. Continue drinking clear liquids throughout the day
4. REMEMBER NOTHING TO EAT OR DRINK AFTER MIDNIGHT

You must complete the entire prep to ensure the most effective cleansing.

Two days before your colonoscopy: Low fiber diet and increase fluids.

One day before your colonoscopy: Begin Clear Liquid Diet: **NO RED OR PURPLE DYES**

Water, clear broth or bouillon, coffee or tea (no creamer) Gatorade, Propel, Soda, Fruit Juices (no pulp), Jell-o, Popsicles and hard candies.

PLEASE KEEP YOURSELF HYDRATED by drinking at least 8 glasses of water throughout the day. No solid food - Clear liquids only for breakfast, lunch & dinner.

1st Dose: Evening before your procedure:

If your procedure check in time is 11am or earlier your first dose should be at 6:00pm

If your procedure check in time is after 11am your first dose should be at 8:00 pm

2nd Dose: Evening before/Morning of your procedure:

If your procedure check in time is 11am or earlier your second dose should be at 11:00pm

If your procedure check in time is after 11am your second dose should be at 6:00 am

(You must finish all four steps 4 hours before your procedure)

IMPORTANT: Nothing by mouth starting 4 hours before your procedure check in time

TO AVOID NAUSEA:

***CHILL THE PREP**

***DRINK THE PREP THROUGH A STRAW**

***SIP GINGER ALE BETWEEN MARKERS**

***SUCK ON ICE CHIPS TO NUMB YOUR TASTEBUDS**

NOTE: Oral laxatives may cause mild cramping, bloating or nausea. Always stay near a bathroom while using the prep.

* Procedures scheduled at McKay-Dee Hospital: go to Suite 2670 (Second floor, North end). Pre-Registration is required. If you **do not** receive a call from the hospital, you must call 801-442-8600 the day before your procedure and pre-register. If you fail to do so, your appointment will be rescheduled.

* Procedures scheduled at Ridgeline Endoscopy Center: the facility will contact you the day before your procedure with your arrival time. Ridgeline Endoscopy Center is located at 6028 South Ridgeline Drive, Suite 100. If you have any questions or concerns, please call 801-475-4900.

* Procedures scheduled at Ogden Regional Medical Center: Ogden Regional is located at 5475 S 500 E, Ogden, UT 84405. Please go to the main building and check in at the reception desk. If you have any questions or concerns, please call 801-479-2111.

PATIENT NOTE: PATIENTS WILL BE CHARGED A \$100.00 FEE IF THEY CANCEL THEIR PROCEDURE WITHIN 2 BUSINESS DAYS OF THEIR SCHEDULED TIME OR THEY NO SHOW THEIR APPOINTMENT.