



Outpatient Colonoscopy Preparation:

Seven (7) days before your procedure you should discontinue the use of any medications containing iron.

DO NOT EAT any seed like material (eg popcorn, sunflower seeds, strawberries, corn, etc) for seven (7) days before your procedure.

Discontinue taking Coumadin (warfarin), plavix or other blood thinning medications _____ days prior to your procedure.

The day before your procedure there should be NO SOLID FOODS consumed.

You may only have the following:

• Chicken/Beef/Vegetable Broth	• Black Coffee/Tea
• Yellow/Green Jell-O	• Yellow/Green Popsicles
• Clear Grape Juice	• Sprite
• Non-Pulpy Apple Juice	• Ginger Ale

DO NOT ingest liquids that are red or purple in color. No milk or creamers. No alcohol. If you are a smoker, please refrain from smoking the day of your procedure. *Includes: e-cigarettes, cigars, pipe, cigarettes, and marijuana.*

You may take blood pressure, heart or seizure medications the morning of your procedure with a small sip of water Six (6) hours before your procedure.

You **MUST** bring an adult patient representative (age 18 or older), the representative **MUST** be able to remain at the facility from admission to discharge, be able to make medical decisions regarding your care, be able to speak with the physician, receive your procedure results, understand your post care instructions, and drive you home. Since you will be sedated, you will be groggy after the procedure and care instructions/procedure results will be given to your representative.

SPECIAL INSTRUCTIONS:

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Mixing Instructions for Gatorade Prep

What you will need:

- 2 - 32oz bottles of Gatorade (Yellow, Green or Clear **ONLY**)
- 1 - 238 gram bottle of Miralax (over the counter at your pharmacy)



Mix one half of the Miralax (about 119 grams) into each 32oz Gatorade bottle.

At **6:00pm** on _____ drink 8oz or 1 cup every 15 minutes until one Gatorade bottle is completed.

Eight (8) hours before your procedure at _____ on _____ drink 8oz or 1 cup every 15 minutes until the 2nd Gatorade bottle is completed.

No more liquids after _____ Six (6) hours before your procedure time).

No chewing gum, breath mints, tobacco, or alcohol products of any kind.

ABSOLUTELY NO PILLS OR LIQUIDS WITHIN SIX (6) HOURS OF YOUR PROCEDURE TIME.