



Outpatient Colonoscopy Preparation:

(72) hours prior to 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.**

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: (ONLY FOLLOW IF CHECKED)

-
- _____ Dulcolax 10mg by mouth the day before at 3:00PM
 - _____ Discontinue Plavix-Clopidogrel/Effient/Aggrenox/Brilinta seven (7) days before the procedure.
 - _____ Discontinue Coumadin/Warfarin/Jantoven five (5) days before the procedure.
 - _____ Discontinue Pradaxa/Xarelto/Eliquis (3) days before the procedure.
 - _____ Discontinue **ORAL (BY MOUTH) DIABETIC MEDS** the night before and morning of the procedure.
 - _____ Discontinue Phentermine/Adipex seven (7) days before the procedure.
 - _____ Hold GLP-1 agonists **on the day of** the procedure when the medication is taken **DAILY**
 - _____ Hold GLP-1 agonists **a week prior** to the procedure when the medication is taken **Weekly.**

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.



Colonoscopy Split Dose Preparation Guide

You will complete the split dose preparation as follows:

1. The first dose will be completed the night before your appointment at 6:00PM
2. The second dose will be completed eight (8) hours prior to your appointment time
3. Discontinue the consumption of anything by mouth six (6) hours prior to your appointment time

Based on your appointment time, the below reference guide will assist you in completing the blank times on the preparation instructions.

APPOINTMENT TIME	FIRST DOSE: DAY BEFORE	SECOND DOSE: 8HRS PRIOR	NOTHING BY MOUTH 6HRS PRIOR
7:00 AM	6:00 PM	11:00 PM	1:00 AM
7:15 AM	6:00 PM	11:15 PM	1:15 AM
7:30 AM	6:00 PM	11:30 PM	1:30 AM
7:45 AM	6:00 PM	11:45 PM	1:45 AM
8:00 AM	6:00 PM	12:00 AM	2:00 AM
8:15 AM	6:00 PM	12:15 AM	2:15 AM
8:30 AM	6:00 PM	12:30 AM	2:30 AM
8:45 AM	6:00 PM	12:45 AM	2:45 AM
9:00 AM	6:00 PM	1:00 AM	3:00 AM
9:15 AM	6:00 PM	1:15 AM	3:15 AM
9:30 AM	6:00 PM	1:30 AM	3:30 AM
9:45 AM	6:00 PM	1:45 AM	3:45 AM
10:00 AM	6:00 PM	2:00 AM	4:00 AM
10:15 AM	6:00 PM	2:15 AM	4:15 AM
10:30 AM	6:00 PM	2:30 AM	4:30 AM
10:45 AM	6:00 PM	2:45 AM	4:45 AM
11:00 AM	6:00 PM	3:00 AM	5:00 AM
11:15 AM	6:00 PM	3:15 AM	5:15 AM
11:30 AM	6:00 PM	3:30 AM	5:30 AM
11:45 AM	6:00 PM	3:45 AM	5:45 AM
12:00 PM	6:00 PM	4:00 AM	6:00 AM
12:15 PM	6:00 PM	4:15 AM	6:15 AM
12:30 PM	6:00 PM	4:30 AM	6:30 AM
12:45 PM	6:00 PM	4:45 AM	6:45 AM
1:00 PM	6:00 PM	5:00 AM	7:00 AM
1:15 PM	6:00 PM	5:15 AM	7:15 AM
1:30 PM	6:00 PM	5:30 AM	7:30 AM
1:45 PM	6:00 PM	5:45 AM	7:45 AM
2:00 PM	6:00 PM	6:00 AM	8:00 AM
2:15 PM	6:00 PM	6:15 AM	8:15 AM
2:30 PM	6:00 PM	6:30 AM	8:30 AM

PLEASE ONLY FOLLOW THE PREPARATION INSTRUCTIONS PROVIDED BY OUR OFFICE.

The preparation is a vital part of the procedure, if the preparation is not accurately completed the procedure will have to be discontinued or rescheduled. If you have any questions, please contact our office during normal business hours at 770-536-8109.