

COLONOSCOPY PREPARATION INSTRUCTIONS

Date ____/____/____ Time _____ Arrive _____

_____ please go to _____
by the time noted above and check in. If you need information or directions
please call _____.

Preparation for the colonoscopy is most important in order to visualize the inner surfaces of the colon. The large bowel must be very clean. If stool is present in the colon the test will be discontinued and rescheduled.

You will need to purchase the following:

- 1 bottle of Citrate of Magnesia
- 1 8oz. (238 g) bottle of Miralax or 1 bottle of Glycolax (255g)
- 64 oz. (2 quarts) of Gatorade or Crystal Light (no red or purple)

_____ **Three days prior to procedure:**

- [Discontinue any blood thinning medication such as aspirin, ibuprofen, Aleve, Advil, Coumadin, Plavix, and like products.](#)

_____ **Two days prior to procedure:**

- **Plan to eat your last solid food on or before 2:00 PM.**
- At approximately 3:00 or 4:00 PM drink one bottle of Citrate of Magnesia.
- **Clear liquid diet starting at evening meal.**

_____ **One day prior to procedure:**

- **Clear liquid diet exclusively.**
- At approximately 5 p.m., mix the two quarts of Gatorade or any flavor mix (**no red or purple**) with 8 oz. (238g) Miralax or 255 grams of Glycolax. Drink 8 oz. every 10 mins. until you have consumed the entire 64 oz.
- You may continue the clear liquids until midnight.
- Nothing by mouth after midnight.

_____ **Day of the procedure:**

- Patient may take regularly prescribed medication (with the exception of blood thinners) with a small amount of water.
- Arrive at facility one hour prior to the appointment time.

You will need a driver to take you home. You will NOT be allowed to drive or work the day of your test. Plan to be there 3 hours.

CLEAR LIQUID DIET

Drink only clear liquids for the entire day before your test. Do not have any dairy products, solid foods, or alcoholic beverages.

Examples of clear liquids are (no red or purple):

- Tea without lemon, apple juice, coffee without cream, Gatorade, Kool-aid,
- All soft drinks: Coke, Sprite, Pepsi, Gingerale, 7-up, Dr Pepper.
- You may also have Jell-O (no red or purple)
- Kool-aid type popsicles.
- Bouillon, chicken or beef (please use cube type only and no more than 3 for the entire day).

Bring a list of all medications with dosages and your health insurance information and photo ID.

DO NOT TAKE ANY BLOOD THINNING MEDICATIONS 3 days before the test. This includes: Coumadin, Plavix, Aspirin, Ibuprofen, Aleve, and any arthritis medication.

Tylenol is ok if you need to take a pain reliever.

Please inform our office prior to your procedure if you have any food, drug or latex allergies.

**IF YOU HAVE ANY QUESTIONS OR NEED TO RESCHEDULE
PLEASE CALL DR. ALEXANDER'S OFFICE AT 615-327-7835.**