

Parkview Clinic Colonoscopy Prep

You will need a driver for the day of your procedure.

Stop taking iron 1 week prior to your colonoscopy.

Check with your physician if you take any blood thinners (e.g. aspirin, warfarin, Eliquis, etc).

Buy at your pharmacy:

- 1 bottle of Miralax (polyethylene glycol) - (8.3oz/238 grams)
- 4 Dulcolax (bisacodyl) laxative tabs (5mg tabs)
- 64 oz liquid Gatorade (NOT RED or PURPLE)
- 10 oz bottle Magnesium Citrate (*to be taken 4 hours prior to procedure*)

Start the day prior to your colonoscopy:

- Begin a clear liquid diet (water, clear broth, bouillon, gatorade, pedialyte (NOT RED), Sprite, 7-Up, Ginger ale, white grape juice, apple juice, Jello, popsicles, hard candy.
- NO RED LIQUIDS/FOODS, no coffee, no alcohol, no dairy products.
- Mix the entire bottle of Miralax powder with the Gatorade and refrigerate.
- 12:00 NOON Take the 4 Dulcolax tablets.
- 5:00 PM - Start drinking the Miralax/Gatorade prep. Drink an 8 oz glass every 10-12 minutes. DRINK ONLY WATER after starting the prep solution.
- You may feel bloating/nausea while taking the prep. Be sure to take ALL the prep; your procedure cannot be completed if your colon is not completely cleaned out.
- You will experience frequent loose bowel movements. They should stop around bedtime.
- You may drink water up until midnight.
- Magnesium citrate (10 oz) must be taken 4 hours prior to your procedure. If your procedure is in the early morning you may drink it the night before.

Day of procedure

- Arrive for procedure. Bring a list of your current medications. Your driver must stay until your procedure is done. You CANNOT take a care hire, taxi or bus home.
- You will be in recovery for 30-45 min after the procedure and may feel groggy.
- Allow 2-3 hours total time for the procedure.

After you are home

- You may want to eat lighter than normal your first few hours after the procedure.
- Avoid greasy/spicy foods until you see how you are tolerating lighter foods.