

COLONOSCOPY PREP INSTRUCTIONS – PM EXAM
MIRALAX (SAME AS GLYCOLAX)

To schedule your colonoscopy or if you have any questions about your procedure, call Dr. Barbagiovanni's office at (217) 222-6550, option #1, extension 3636.

Your appointment for your colonoscopy is _____ at Carthage Memorial Hospital, 1454 N County Rd 2050, Carthage, IL 62321.

TIME: Carthage Memorial Hospital staff will call you with the arrival time and further instructions approximately a week prior to your procedure. Carthage Memorial Hospital is open 7 a.m. to 4 p.m. If you need to cancel the day of the procedure, call Carthage Memorial Hospital at (217) 357-8607. **DO NOT CALL THIS NUMBER TO SCHEDULE THE APPOINTMENT.**

Since you will have a mild sedative after you arrive at Carthage Memorial Hospital, you must be accompanied by someone who can drive you home after your procedure.

You will need to purchase the below items – these are all over-the-counter.

- MiraLax bottle (**238 grams** or **8.3 ounces**)
- (4) Dulcolax or bisacodyl tablets (**5 milligram** tablets)
- (2) 32-ounce bottles of sports drink except on red drinks.

PRIOR TO PROCEDURE -

1.	You must <i>DISCONTINUE</i> the following medications 7 days prior to your procedure: aspirin, Motrin, ibuprofen, Nuprin, Advil, Aleve, any type of arthritis medication, nonsteroidal anti-inflammatory drugs (NSAIDS), iron supplements, vitamins that contain iron, Aggrenox, any blood-thinning medications such as Plavix or Ticlid, and all herbal supplements.
2.	Discontinue Coumadin 3 days prior.
3.	You may take Tylenol products or Celebrex.

DAY ONE -

IF YOU ARE DIABETIC: The day prior to the procedure you may take your oral medication. If on insulin, take only ½ dose of insulin. Do not take oral diabetic medications on the day of the procedure. Only take ½ dose of insulin the morning of the procedure. If taking Byetta, Januvia or Victoza, hold evening dose day before procedure and morning of procedure.	
7 – 10 a.m.	You may have a light breakfast within this time. For example: toast and egg or cereal are okay.
10 a.m.	Begin clear liquid diet (list on back). Absolutely NO food or alcohol after 10 a.m.
10 a.m.	Take 2 DulcoLax tablets with water.
3 p.m.	Take remaining 2 DulcoLax tablets with water (do not crush or chew and do not take within 1 hour of taking an antacid).
4 p.m.	Mix the bowel prep powder with both bottles of sports drink in an empty pitcher or container. Chill if desired.
4 p.m.	Start to drink the first half of the bowel prep/sports drinking. Drink (1) 8-ounce glass every 15-20 minutes until the first half is gone. Drink each glass quickly rather than drinking small amounts continuously. Continue to drink clear liquids the remainder of the evening.

DAY TWO -

6 a.m.	Begin drinking the second half of the bowel prep/sports drink. Drink (1) 8-ounce glass every 15-20 minutes until second half is gone, finishing no later than 7:30 a.m.
9 a.m.	After 3 hours of drinking prep, stools should be watery and you should be able to see through toilet water. If not, call Carthage Memorial Hospital at (217) 357-8607.
1.	Please be sure to take any heart or blood pressure medications with sips of water the morning of procedure.
2.	Starting two hours before your colonoscopy exam, stop ALL fluids. Take nothing (NO food or drink) by mouth.

LIST OF BRANDS TO CHOOSE FROM

CLEAR LIQUIDS: NO ALCOHOL

NO solid food, milk or milk products including non-dairy products*

- Water
- Clear juices (apple, grape, cranberry)
- Black coffee or tea (no creamers) – sugar is okay
- Bouillon or clear broth
- Soda pop (Sprite, Ginger-ale, Mountain Dew) (**no red**)
- Gatorade (**no red**)
- Jell-O (**no red**), popsicles (**no red**), Lemon Ice

BOWEL PREP TABLETS: (any of these brands)

These are the PILLS to take at the start of your bowl prep.

DO NOT USE STOOL SOFTENERS

- Bisacodyl (Generic)
- Dulcogen
- Bisco-lax
- DuloLax
- Colax
- Fleet Bisacodyl

SPORTS DRINKS: Two 32-ounce bottles *NO RED DRINKS*

This is the liquid used to mix with the powder (below).

- All Sport
- G2 (same amount of electrolytes as Gatorade, just less calories)
- Gatorade
- Powerade (contains less sugar than Gatorade)
- Powerade Zero (even less sugar, **best for diabetics**)

BOWEL PREP POWDER:

This is the powder used to mix with the liquid (above).

- ClearLax
- MiraLax
- GlycoLax
- PureLax