



Colonoscopy Preparation Instructions

IMPORTANT - Please read all instructions on the day you receive them.

Download the MyCarePlan mobile app to assist you with your preparation.

Two Weeks (14 days) Before Your Colonoscopy:

- Stop taking weight loss medications such as Xenical, Alli, Belviq, Phentermine, Qsymia, Naltrexone, Contrave, Saxenda, etc.
- **STOP** all recreational drugs (including marijuana).

One Week (7 days) Before Your Colonoscopy:

- If you are taking a prescription blood thinner, such as Warfarin/Coumadin, Eliquis, Xarelto, Aggrenox, Plavix, and Pradaxa, etc., please contact the doctor who manages this medication as you may need additional instructions.
- Stop taking any Over-the-counter products which may cause bleeding, such as aspirin, Alka-Seltzer, iron supplements (or multi-vitamins that contain iron), fish oil, Vitamin E, or anti-inflammatory medications (Advil, Motrin, Aleve, Naproxen, Celebrex). Tylenol is OK to use for pain.
- Stop using fiber supplements (Metamucil, Citrucel, and Benefiber) and avoid nuts, seeds, popcorn and corn.

One Day Before Your Colonoscopy:

You will be on a clear liquid diet in addition to your bowel preparation.

What is a "clear liquid diet"? As a rule - if you can see through it, you can drink it!

Examples of clear liquids:

Fruit Juices Without Pulp (Apple, white grape, lemonade)	Carbonated soft drinks (Coca-Cola/Sprite/7UP/Ginger Ale, etc)
Water (still, sparkling / carbonated)	Kool-Aid / Crystal Light
Broth / Bouillon (vegetable / chicken / beef)	Popsicles / Jell-O (without fruit)
Gatorade / Powerade (low sugar OK)	Coffee / Tea (without milk / non-dairy creamer)

DO NOT DRINK ALCOHOL, MILK or DAIRY PRODUCTS OR EAT ANY SOLID FOOD!

** If you are diabetic, please contact your primary care physician for potential modification of the clear liquid diet and/or a change to your diabetes medications.

**YOU MAY NOT EAT ANY SOLID FOOD TODAY.
ONLY CLEAR LIQUIDS ARE ALLOWED.**

Bowel Preparation Instructions

Purchase these Over-the-counter items before your procedure:

- ▶ Gatorade (64 ounces) *You may substitute water as your drink mixture if preferred.
- ▶ Baby wipes (optional)

** Your colonoscopy kit includes 2 packets of Calmoseptine, a skin barrier ointment to help with burning and irritation. Apply pea-sized glob to anal opening before and/or after bowel movements as needed.**

The Day Before Your Colonoscopy:

1. From 8:30-11 :30 AM: Drink at least 16 oz (1 shaker bottle) of any clear liquid of your choice from the clear liquid chart on reverse.
2. At 12:00 PM: Take 4 Bisacodyl (Dulcolax) tablets with 8 oz of Gatorade/G2 or ®water.
3. At 2:00 PM: Mix 2 capfuls of Polyethylene Glycol (from 8.3 oz Miralax®/Ez2go) with 16 oz of Gatorade/G2 or water in the shaker bottle. Important: The powder needs to reach the top of the purple cap, disregard any dosing lines inside the cap. Shake solution until dissolved. Drink solution within one hour. Note: Many people find chilling the Gatorade before drinking is **helpful**.
4. At 3:00 PM: Mix 2 capfuls of Polyethylene Glycol (Miralax®/Ez2go®) with 16 oz of Gatorade/G2 or water in the shaker bottle. Shake solution until dissolved. Drink solution within one hour. Note: You MAY feel full and bloated. If you become nauseated or start vomiting, you may pause drinking the solution for 30-60 minutes to let symptoms subside before restarting.
5. At 4:00 PM: Mix 2 capfuls of Polyethylene Glycol (Miralax®/Ez2go®) with 16 oz of Gatorade/G2 or water in the shaker bottle. Shake solution until dissolved. Drink solution within one hour.
6. At 5:00 PM: Mix remaining Polyethylene Glycol (Miralax®/Ez2go®) with 16 oz of Gatorade/G2 or water in the shaker bottle. Shake solution until dissolved. Drink solution within one hour.

Continue clear liquids until bedtime. DO NOT DRINK OR EAT ANYTHING AFTER MIDNIGHT.

If a noon start time is not convenient, you may start the Bisacodyl tablets NO LATER than 3:00pm and the Polyethylene Glycol solution NO LATER than 5:00pm.

The Day of Your Colonoscopy:

- Please arrive no later than 1 hour prior to your scheduled colonoscopy.
- Due to anesthesia, you cannot drive after your procedure. Please arrange adequate transportation. For your safety, this cannot include a rideshare service (Lyft or Uber, etc.).

After Your Procedure:

- Bloating, gas, and/or mild cramping is normal after a colonoscopy and should diminish. If you experience severe pain or bleeding, please contact your physician.
- Rest for the remainder of the day for your health and safety. Do not drive, sign legal documents or participate in activities that require coordination or judgment. Resume normal activities the day after your procedure.

MyCarePlan

This app will tell you exactly how and when to prepare for your procedure. After your procedure, we will stay connected with you using the App to ensure you are feeling well!

You can send non-emergent messages to your
doctor/ office staff at any time!

Step 1:

You will receive a "Welcome email" which will provide links to download the app from the Apple and Google Play Stores. This email will contain your username and password.

Step 2:

Log in to the app using the credentials you received in the Welcome email. Please contact us if you need the email resent.

Step 3:

To improve your outcome, follow the instructions in the app.

Call 941-755-4512 for any technical questions.