



Sparta Community Hospital

COLONOSCOPY PRE-PROCEDURE INSTRUCTIONS

Extended Bowel Prep—2 Day Prep

Procedure Date: _____ Time: _____

You will need:

- 3 - 4 ounce bottles of MiraLax
- 4 Dulcolax tablets (laxatives, not stool softeners)
- 3 - 32 ounces of Gatorade (no red, orange, purple), instant lemonade, crystal light, or fruit juice (no orange juice)

14 Days Prior to Procedure

Stop eating corn, nuts or seeds. Stop taking weekly GLP-1 medications (Ozempic, Trulicity, Wegovy)

5 Days Prior to Procedure

We will contact your provider to see which prescriptions are safe for you to stop taking in preparation for your procedure, like blood thinners or antiplatelets (coumadin, aspirin, Plavix). Additionally, you should stop taking any over the counter medications or supplements that you are taking. This includes: anti-inflammatory medications (Aleve, Advil, Excedrin), Alka Seltzer, Iron, Vitamin E, Fish Oil, Flax Seed Oil, and Omega 3's.

2 Days Prior to Procedure—NO FOOD.

- Stop taking Eliquis and Xarelto if instructed to do so.
- Stop taking oral daily GLP-1 medications (Ozempic, Trulicity, Wegovy, etc.).
- Start breakfast with a clear liquid diet, and continue for entire day.
- Mix 1 container of MiraLax with 32 ounces of Gatorade or other approved liquid. Shake until the MiraLax is dissolved. Refrigerate to chill.
- Drink at least 6-8 glasses of clear liquids, in addition to prep, during the day to avoid dehydration.
- 6:00 p.m. - Start drinking the MiraLax/Gatorade solution at a rate of 8 ounces every 15 minutes until the solution is gone.*
- Continue clear liquid diet until procedure..

1 Day Prior to Procedure

- Start breakfast with a clear liquid diet, and continue for entire day.
- Mix 1 container of MiraLax with 32 ounces of Gatorade or other approved liquid. Shake until the MiraLax is dissolved. Refrigerate to chill.
- Drink at least 6-8 glasses of clear liquids, in addition to the prep, during the day to avoid dehydration.
- 12:00 p.m.—take 4 Dulcolax tablets. Continue drinking clear liquids.
- 4:00 p.m.—Start drinking the MiraLax/Gatorade solution at a rate of 8 ounces every 15 minutes until the solution is gone.*
- Mix 1 container of MiraLax with 32 ounces of Gatorade or other approved liquid. Shake until the MiraLax is dissolved. Refrigerate to chill.
- 10:00 p.m.—Drink the remaining MiraLax/Gatorade solution at a rate of 8 ounces every 15 minutes until the solution is gone.*
- Drink another 8 ounces of preferred clear liquid.
- Continue your clear liquid diet until 2 hours before your scheduled arrival to the hospital. For example, if you are scheduled to arrive at the hospital at 8:00 a.m., you would stop intake at 6:00 a.m.

* ***If you become nauseated, you may slow down the drinking. This is a bowel cleansing prep, and it will cause you to have diarrhea.***

Day of Procedure—ONLY CLEAR LIQUIDS. NO FOOD, GUM, OR CANDY.

1. If you are unable to complete your prep, or if your stool is not liquid, yellow to clear, and free of solid pieces, the doctor may cancel, reschedule or postpone your procedure.
2. Take usual morning blood pressure medications with a small sip of water at least two hours before arrival time.
3. Stop blood thinner as directed by physician. No fish oil or garlic pills.
4. DO NOT take any oral diabetes pills.
5. Arrive at specified time given by the pre-op nurse.
6. You may not drive, or work for the entire day. You must be driven home by a responsible adult, who is age 18 or older.
7. Plan on being at the hospital for about 3 hours.

If you have any questions, please do not hesitate to call the surgery department at 618-443-1336.

COLONOSCOPY/COLECTOMY PRE-PROCEDURE INSTRUCTIONS

Clear Liquid Diet

Clear liquid are anything you hold up to the window or light and you can see through it.

- Water, plain, carbonated or flavored
- Fruit juices without pulp such as apple, white cranberry, peach juice, white grape juice (no red, purple or orange dye)
- Fruit flavored drink mixes, such as Country Time Lemonade or Crystal Light
- Carbonated drinks, including dark sodas, such as cola and root beer
- Gelatin without fruit
- Tea or coffee without milk, cream or nondairy creamer
- Sports drinks (no red, purple or orange)
- Clear, fat-free broth (chicken, bone, beef) and bouillon
- Popsicles (no red, purple or orange)
- Boost Breeze or Ensure Clear Nutritional Drink (diabetic options)

Orange Juice and Milk are NOT considered clear liquids.

Failure to follow a clear liquid diet may cause cancellation of procedure.