

Colonoscopy Bowel Preparation Instructions**SINGLE Dose MiraLAX + Gatorade****Online Instructions:**

www.eehealth.org/services/gastrointestinal/patient-instructions/

Endeavor Health Gastroenterology

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- **Your appointment is on:** (*day of the week*) _____ (*date*) _____ (*arrival time*) _____ **a.m/p.m**
- You are scheduled to have your test done at:
 - Elmhurst Memorial Hospital:** 155 E. Brush Hill Road. Park in Green Lot, East Entrance. 2nd floor Endoscopy registration desk.
 - North Elmhurst Location:** 755 N. York St. Park in main entrance and register at front desk.
 - Elmhurst Outpatient Surgery Center/Center for Health:** 1200 South York Rd. Park in Purple Lot. Go to 1st floor registration desk. **If you do not receive your arrival time the day before your procedure by 3PM, please call the Center for Health directly at 630.758.8888.**

NOTE: It is the patient's responsibility to check with the insurance company to see if pre-certification is required, as well as for any question regarding benefits, & out-of-pocket costs. See attached sheet for procedural and diagnostic code information.

Procedure Code(s): _____ **Diagnosis Code(s):** _____

****READ ALL OF THESE INSTRUCTIONS SEVERAL DAYS BEFORE YOUR SCHEDULED TEST DATE****

For this bowel preparation, please purchase the following OVER THE COUNTER items at your local pharmacy:

1. One (1) **238 g bottle** of MiraLAX
2. Two (2) Dulcolax **laxative** tablets.
3. **64 oz. Gatorade (NOT red, purple, blue)**
4. Small pack of simethicone tablets (Anti-gas chewable or soft gels such as Gas-X, Mylanta Gas, Maalox Anti-Gas, or similar products)

STARTING FIVE DAYS BEFORE THE COLONOSCOPY:

1. Pick up your bowel prep **OVER THE COUNTER (as above)** at your pharmacy, **no prescription is required.**
2. Recommended diet: meats, fish, breads, pasta, cereal, rice, mashed potatoes, bananas, applesauce, eggs, and canned peaches/pears.
3. **DO NOT EAT:** fruits and vegetables, corn, nuts, seeds and popcorn.

ONE DAY BEFORE THE COLONOSCOPY:

1. **NO SOLID FOOD – CLEAR LIQUIDS ONLY**
2. **DIET: FOR BREAKFAST, LUNCH & DINNER, ONLY DRINK CLEAR LIQUIDS** (See chart on the back).
3. **BOWEL PREP:**
 - **Step 1:** Beginning at **2:00 PM**, take two **(2) Dulcolax laxative tablets** with 8 oz. of water. Swallow the tablets whole with a full glass of water.
 - **Step 2:** At **5:00 PM**, mix the bottle of MiraLAX in **64 oz.** of Gatorade. Shake the solution until the MiraLAX is dissolved. **START DRINKING PREP AT: 5:00 PM. Complete ALL PREP by 10 PM.**
 - **Step 3:** At **9:00PM:** Take 2 simethicone anti-gas chewable or soft gels with 8 ounces of clear liquid. The simethicone medication reduces bubble formation in your colon and improves exam quality.

If you feel nauseated or bloated when drinking, take a short break and walk around to help the liquid pass through your intestines. Stool must be liquid and clear without solid material to proceed with a successful colonoscopy.

DAY OF COLONOSCOPY:

1. **NO SOLID FOODS!**
2. May have **CLEAR LIQUIDS** up to 3 hours before procedure time. **If you fail to keep your stomach empty for three hours, your procedure may be CANCELLED.**

TRANSPORTATION

Plan to have someone drive you home after the procedure. You **CANNOT** use public transportation (Uber, Lyft, Taxi). The procedure(s) involves sedation, and you will not be allowed to leave unaccompanied. **NO EXCEPTIONS.** Your procedure **CANNOT** be performed if you do not have a driver/adult to escort you home.

WHAT TO WEAR

Wear casual clothes. Please leave jewelry and valuables at home. You may wear your dentures and eyeglasses; however, these will be removed prior to the procedure. Please let the staff know that you are wearing dentures before the procedure.

WHAT TO BRING

A picture ID, proof of insurance, list of your medications and allergies, and your referral form (if your insurance requires it).

QUESTIONS/RESCHEDULING

If you have any questions, please do not hesitate to call us at **331-221-9003 (office)**. To cancel or reschedule, please contact the office **AT LEAST 7 Business days** prior to your scheduled procedure. Please see attached cancellation policy.

MEDICATION(S) → OK TO TAKE BEFORE THE PROCEDURE:

- Aspirin
- Statins & Seizure Medications → OK to continue
- BETA BLOCKERS → OK to continue
- ACE INHIBITORS, ANGIOTENSIN II RECEPTOR BLOCKERS (ARBs) & COMBINATION DRUGS THAT CONTAIN AN ARB → OK to continue

MEDICATION(S) TO HOLD → DO NOT TAKE BEFORE PROCEDURE (READ BELOW):

- Iron (ferrous sulfate/ ferrous gluconate), Herbal Supplements & Multivitamins - **HOLD 7 days (1 WEEK)** prior to procedure.
- Ozempic, Wegovy, Mounjaro, Trulicity, Rybelsus, Victoza – **HOLD 7 DAYS (1 WEEK)** prior to the procedure
- Jardiance, Invokana, Farxiga, Steglatro, Brenzavvy - **HOLD 4 DAYS (96 hours)** prior to the procedure.
- **ANOREXIANTS** (Weight Loss Medication - i.e., Phentermine/Vyvanse) - **HOLD 7 days (1 WEEK)** prior to procedure.
- **DO NOT TAKE:** Any form of **Erectile Dysfunction** medications for **3 days (72 hours)** prior to procedure **UNLESS** prescribed for **Pulmonary Hypertension**.
- **DO NOT TAKE:** Any form of **alcohol** and **recreational drugs** **1 DAY (24 hours)** prior to procedure.

PATIENTS ON BLOOD THINNERS (ANTICOAGULANTS)

- **YOU** are responsible for contacting your **cardiologist** or **prescribing provider**, regarding recommendations on holding these therapies prior to your scheduled procedure.
- This should be done **at least 2 weeks in advance**, as some medications will need to be taken 5 days prior to your procedure.
- ***IF you forget to stop your blood thinner, your procedure WILL be cancelled and rescheduled*.**

PATIENTS ON DIABETIC MEDICATIONS (ORAL/INJECTIONS)

- **HOLD ORAL** diabetic medication(s) the **DAY BEFORE** and **DAY OF** procedure **OR MD** discretion. ***This will be reviewed with you when scheduling procedure!***
- **IF YOU TAKE INSULIN**
 - **YOU** will need to contact your **endocrinologist** or **prescribing provider**, prior to your scheduled procedure for recommendations on adjustments to these therapies during the bowel prep process and the day of your procedure.
 - This should be done **at least TWO WEEKS in advance**.
 - Bring your insulin with you to the exam.

Additional Instructions: _____

CLEAR LIQUID DIET

NOT ACCEPTABLE

RED, BLUE, OR PURPLE IN COLOR!	Solid food	Milk or any dairy products	Tomato/Fruit juices with pulp	Alcohol
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ALLOWED

Lemon-Lime Soda/ Sprite/ 7Up/Ginger-Ale/Club Soda	Water	Chicken/Vegetable soup BROTH	Jell-O	Italian Ice/Popsicles
Gatorade/Propel/Powerade	Black Coffee (no milk/cream)	Lemonade, Apple Juice, White Grape Juice	Tea	Hard Candy

