

COLONOSCOPY PREP INSTRUCTIONS

Procedure Date/Time: _____ (CPH will call with arrival time) with Dr. _____

Procedure Location: **CPH River Tower**

- **You must have someone available to take you home after your procedure – No driving for at least 6 hours.**
- **What you need to purchase:**
 - Miralax – 1 bottle of powder
 - Bisacodyl (Dulcolax) – 4 tablets

For 7 Days Prior _____: Avoid – Aspirin (Motrin, Advil), Iron, Vitamin E and Ginko. You may use Tylenol.

For 3 Days Prior _____: No Fiber – This means no salad, vegetables, nuts, seeds, popcorn, oatmeal, fruit, etc.

For 3 Days Prior _____: Start a soft food diet (See list on back)

Day before procedure – Cleansing Procedure Time:

- **Starting with breakfast you may only have clear liquids:** Water, 7-Up, Sprite, white grape juice, white cranberry juice, clear Pedialyte, clear Gatorade, chicken or beef broth
- **12:00pm (noon) –** Take 2 Bisacodyl (Dulcolax) tablets with 2-4 glasses of water
- **2:00pm –** If no bowel movement, take the remaining 2 Bisacodyl (Dulcolax) tablets with 2-4 glasses of water
- **3:30pm –** Mix 8 capfuls of Miralax powder in 64 oz (8 cups) of clear liquid (See list on back)
- **4:00pm –** Drink 32 oz (4 cups) of solution. Drink within 1 hour. Drink plenty of clear liquids.
- **10:00pm –** Drink second half of solution. Drink within 1 hour. Drink at least 3 additional glasses of clear liquids prior to midnight.

****After you have finished your prep you may have clear liquids only. This means no gum, mints, or hard candy. You may have a small amount of water up to 3 hours prior to your procedure.**

**The goal is to pass only a yellowish or clear liquid from your rectum by the end of the bowel cleansing.

***Remember: The preparation is very important. You want nothing missed on the examination of your colon lining. Persistent stool can obscure the lining of the colon and degrade the study quality. During the prep, using baby wipes may ease some of the discomfort. You should **NOT** plan on working or driving the rest of the day due to the sedation given at the procedure.

Special Considerations:

Diabetics: Do not take your morning insulin or pills. Instead take 1/2 of your usual dose of insulin or pills the night **before** your procedure.

**Note: If you have a history of diverticulitis, it would be best to administer a fleet enema 1 hour before presenting to the hospital. Sometimes a lot of stool comes out of those diverticular pockets overnight and ruins and otherwise good effort at prepping. The fleet enema will wash away this residual stool and make the prep optimal.

Blood Thinners: If you take any blood thinners please let us know, you may need to discontinue this medication a few days before your procedure.

**If you have had a heart valve replacement or a recent stent or have any plans for any kind of surgery within 30 days of this test, please make sure your provider is aware.

**If you have any questions, please contact
the Procedure Scheduler at 907-714-5730**



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COLONOSCOPY APPROVED FOOD LIST

Start 3 days Prior to Procedure

- Yogurt – Vanilla, Lime, Lemon
- Ice cream – Not Chocolate, Strawberry, Orange, or Chunky
- Cream or Broth Soups
- Mashed potatoes and gravy
- Small amounts of fish and white rice
- Ensure – Not high fiber, chocolate or strawberry
- Milkshakes – Vanilla
- Pudding – Not rice, tapioca, or chocolate
- Coffee – Cream and milk ok until the day before your procedure, then just black
- Tea
- Milk or cream
- Jell-O – Not red or orange
- Scrambled eggs (not overly cooked) with cheese
- Small amounts of grated cheese

DO NOT EAT: High Fiber Foods or Drinks

- Salads
- Vegetables
- Nuts
- Seeds
- Popcorn
- Oatmeal
- Fruit



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