

Pre-procedure Instructions | Colonoscopy

Plymouth General Surgery 603.536.5670

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YOUR PROCEDURE HAS BEEN SCHEDULED FOR: _____

ONCE YOU HAVE STARTED YOUR PREP THE DAY PRIOR TO YOUR PROCEDURE, YOU CANNOT CONSUME SOLID FOOD.

Your Procedure WILL BE CANCELLED if you have not followed these prep instructions correctly.

PRIOR TO YOUR PROCEDURE:

- You will need to purchase:
 - (4) Dulcolax 5mg tablets at local pharmacy – these are laxative tablets
 - (1) 238 gram bottle of Miralax – this is a tasteless powder laxative
 - 64 ounces of any clear (see through) liquid, you will mix with Miralax. (*NO carbonated beverages or vegetable juice)

THE DAY BEFORE YOUR PROCEDURE:

1. Breakfast: Light meal such as white toast and an egg before 10am. Then clear liquids only.
2. At 12 noon please take (2) Dulcolax tablets with 8 ounces of water
3. At 2 pm mix the 238 gram bottle of Miralax into 64 ounces of clear, non-carbonated liquid. Shake until the Miralax powder has dissolved.
4. Drink 8 ounces of this mixture every 10-30 minutes until the solution is gone.
5. At 4 pm take (2) Dulcolax tablets with 8 ounces of water.
6. Continue drinking clear liquids until bedtime even after the Miralax mixture is gone in order to stay hydrated.

ON THE DAY OF YOUR PROCEDURE:

- Please report to OUTPATIENT REGISTRATION at the main entrance of the hospital (not the emergency room entrance).
- After registration, you will be directed to SURGICAL SERVICES where you will be prepared for your procedure.

YOU MUST HAVE A RESPONSIBLE DRIVER TAKE YOU HOME AFTER THE PROCEDURE.

Due to the effects of the anesthesia, we ask that you have someone present to care for you for 24 hours.

NO TAXIS OR HIRED RIDES

You Can have *CLEAR LIQUIDS* up to 3 hours prior to your arrival time.

No gum chewing, hard candies, lozenges, etc the day of your procedure

You will receive a call the day before your scheduled procedure between 12- 3pm with your arrival time for your procedure.

A nurse will be calling you to review your medical and surgical history over the phone before your procedure.

CLEAR LIQUID DIET

WATER

Tea and black coffee **WITHOUT** any milk, or lightener

Flavored water, Italian Ice

Clear, light colored juices such as apple, white grape, white cranberry

Clear broth including chicken, beef, or vegetable (bouillon cubes are best, **nothing with any fibers** in it)

Soda, Sports drinks such as Gatorade and Propel

Popsicles **WITHOUT** fruit or cream, Jell-O or other gelatin **WITHOUT** fruit