

# Pre-procedure Instructions | Colonoscopy

Plymouth General Surgery 603.536.5670

Joseph Casey, MD | James Koren, MD | E. James Hanowell, DO

**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.**

**\*\*6 Days Prior to your procedure: Follow a low residue/Low fiber Diet: Avoid whole grain breads, nuts, seeds, popcorn, fruits and vegetables\*\***

## **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 5 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 3-5pm 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