

IMPORTANT FOR YOU TO CAREFULLY FOLLOW THESE INSTRUCTIONS

A complete colonoscopy cannot be performed without a complete prep. We need your help!

If you have chronic constipation, take narcotic pain medications, or had a poorly prepped colonoscopy in the past, then please call the (CENTRAL CONTACT NUMBER) for special instructions with a 2 day prep to help make sure your colon is clear.

What do I need to purchase?

- PEG 3350 (MiraLAX) - 238-gram bottle
- Bisacodyl (Dulcolax) - four 5 mg tablets
- Gatorade, Powerade, Crystal Light, or Pedialyte (any color besides red or purple)
- Simethicone (Gas-X) - four tablets or soft-gels

If you are on blood thinners (other than low dose daily aspirin)

- Please contact your cardiologist or prescribing provider about when you can stop these medications and whether you need bridge medications.
- Blood thinners (anti-coagulation or anti-platelet medications) include: Plavix (Clopidogrel), Coumadin (Warfarin), Effient (Prasugrel), Pradax (Dabigatran), Xarelto (Rivaroxaban) and Eliquis (Apixaban).
- If you take aspirin daily as prescribed, hold it only on the day of the exam.

5 Days prior to your exam

- **If you have diabetes**, please CONTACT your primary care provider about how to adjust your medications prior to the colonoscopy (e.g. insulin and oral diabetes medications).

3 Days prior to your exam

- Avoid nuts, seeds, whole wheat bread, beans, corn, raw vegetables or fruits with seeds or skin, and fiber supplements, as they may make it harder to prep.

2 Days prior to your exam

- You may eat a small dinner. Please stop eating solid foods after 7:00 pm.
- You may continue to drink clear liquids in the evening. This means liquids you can see through such as apple juice, water, Sprite, Jell-O, coffee (no creamer), tea, clear chicken or beef broth, clear Gatorade/Powerade, or Crystal Light.
- No milk or pulp products. AVOID anything with red or purple dye.

1 Day prior to your exam

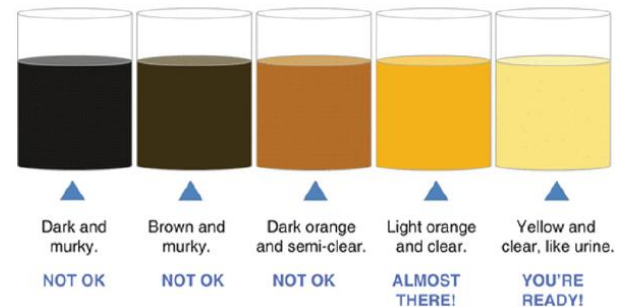
- Restrict your diet to clear liquids for the day. You can have simple, non-chunky chicken noodle soup for lunch. No solid food until after the procedure.
- Stay hydrated, and please avoid Red and Purple liquids completely.
- At 2:00 pm take the four 5 mg Bisacodyl tablets.
- At 5:00 pm, the 238-gram bottle of MiraLAX with 64 oz clear Gatorade, Powerade, Pedialyte, or Crystal Light. Shake the solution until the MiraLAX has dissolved. Take two simethicone pills and then start drinking 8 ounce glasses of the solution every 15 minutes until HALF OF THE 64 OUNCE MIXTURE is gone. If you become nauseated, you may need to slow the pace. Put the remaining MiraLAX solution in the refrigerator. You may continue to drink clear liquids or water to stay hydrated. Do NOT drink all the prep at one time.

The day of your exam

- Remember not to have any solid food until after your procedure. Only the liquid prep and approved medications with sips of water the morning of the procedure.
- AT LEAST 5 HOURS BEFORE YOUR PROCEDURE TIME, take two Simethicone pills, then finish drinking the other half of MiraLAX solution by drinking 8-ounce glasses of the solution every 15 minutes until it is gone. This may require you to get up in the middle of the night, if you have an early morning exam.
- You may have clear liquids only up until 2 hours prior to your procedure start time. We must insist on nothing by mouth for your safety for the 2 hours prior to your procedure start time. Do not have anything by mouth after this point, as your stomach must be completely empty at the time of the procedure.
- If you have diabetes, test your blood sugar before coming in for your exam and bring the reading with you. If you take oral medications for your diabetes, don't take them the morning of your procedure unless otherwise instructed by your doctor.
- You may take your usual medications in the morning (e.g. for blood pressure). Any medications taken the day of your procedure may be taken with a small sip of water, **AT LEAST 4 HOURS PRIOR TO YOUR PROCEDURE START TIME.**
- You may apply zinc oxide or Aquaphor around your bottom to prevent irritation from the prep. Consider using baby wipes due to irritation from the prep as needed.

What to expect with a successful colon prep

Your bowel movements should go from dark and murky, to yellow and clear, like urine.



Other information about the day of your procedure

You must have someone available to drive you home after colonoscopy. Plan on spending 2-3 hours at the facility. Our team will update you if there are any unexpected delays.

Things to bring with you. Insurance card, photo ID, current list of medications & dosages.

Leave jewelry at home. We highly recommend you remove all jewelry, including wedding rings, and leave them at home. Tongue piercings must be removed.

Pregnancy testing. Female patients of child-bearing age may be asked to provide a urine sample if pregnancy status is unknown. If you are pregnant, please discuss with your physician first whether you need this procedure.

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Wear comfortable clothing. Bring your glasses, hearing aids, inhaler, and completed information forms if applicable.

Patients with AICD/Pacemaker. If you have an automatic implantable cardioverter-defibrillator (AICD) or pacemaker, you will need to get clearance from your cardiologist before your procedure. Please bring the AICD or pacemaker card with you.

After your procedure. You will be monitored closely by a nurse and may feel sleepy and light-headed.

For the next 12 hours, DO NOT:

- Drive a car
- Operate machinery, or power tools.
- Do not make any important legal decisions.
- Do not cook on a stove or smoke without supervision.

For the next 24 hours, DO NOT:

- Do not drink any alcoholic drinks for 24 hours.

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