



inSite Digestive Healthcare

COLONOSCOPY PREPARATION SHEET: Gatorade miralax citrate

Facility: Check with your gastro office if you're not CERTAIN WRITE IT DOWN HERE:

Procedure Date: _____ Check In Time: _____

5 Days Prior	4 Days Prior	3 Days Prior	2 Days Prior	One Day Prior	Colonoscopy Day
<input type="checkbox"/> Arrange for a ride to and from Facility <input type="checkbox"/> Go to pharmacy with your list of Gatorade, Miralax/generic, bisacodyl tablets, magnesium citrate lemon lime NOT cherry flavor <input type="checkbox"/> For sore bottom: --plain or aloe baby wipes --Desitin or A&D ointment <input type="checkbox"/> Stop taking Coumadin or Plavix. Follow the instructions of your physician if alternative blood thinners are needed. Do not proceed without talking to your Gastro doctor if taking Brilinta or Effient	<input type="checkbox"/> Last chance to cancel the procedure without a cancellation fee <input type="checkbox"/> For Co-payment questions call your Gastro doctor's office <div style="border: 2px solid red; padding: 5px; text-align: center; width: fit-content; margin: 10px auto;"> No Coumadin or Plavix for 5 days </div>	<input type="checkbox"/> Review diet instructions for the coming 3 days. Plan meals and shop to comply with instructions <input type="checkbox"/> Confirm your ride to and from facility <input type="checkbox"/> Stop any fiber supplements <input type="checkbox"/> Eat well balanced meals BUT AVOID: - Raw fruits - Raw vegetables - Nuts or popcorn - Foods with small seeds such as tomato, sesame or melon seeds	<input type="checkbox"/> Drink AT LEAST 8 glasses of water or clear liquid during the day <input type="checkbox"/> Eat well balanced meals BUT AVOID: - Raw fruits - Raw vegetables - Nuts or popcorn - Foods with small seeds such as tomato, sesame or melon seeds <input type="checkbox"/> No solid food after midnight <input type="checkbox"/> Stop taking Eliquis, Pradaxa, Xarelto, Savasa after the morning dose (48 hours prior to procedure).	<input type="checkbox"/> Drink at least 8 glasses of water or clear liquid during the day <input type="checkbox"/> Follow a strict clear diet ALL DAY <input type="checkbox"/> Take 1 bisacodyl 5 mg tablet at 12 noon. Mix 2 liters (2 quarts) of Gatorade or similar (Crystal Light for diabetics or less sugar) with large bottle of Miralax (PEG3350 generic) and set aside <input type="checkbox"/> Starting 5- 6pm, drink 8 oz glass of laxative drink every 15 minutes until you finish four 8 oz glasses (32 oz) and take one more bisacodyl 5mg tablet <input type="checkbox"/> After 4 hours, drink the magnesium citrate 10oz bottle with further clear fluids over 30 minutes. Ginger ale helps make the citrate settle better <input type="checkbox"/> Verify that you have info you'll need to bring with you to facility <input type="checkbox"/> Do not schedule any important activities on the day of procedure <input type="checkbox"/> You may not drive or go home unaccompanied in a taxi or UBER etc after your procedure	<input type="checkbox"/> Beginning 4 hours before your colonoscopy, drink 4 more glasses of laxative drink (32 oz), one every 15 minutes <input type="checkbox"/> After the last dose of the laxative drink, , do not eat or drink anything for 3 hours <input type="checkbox"/> You may take regular prescriptions with small sips of water (but no blood thinners) <input type="checkbox"/> If you take insulin shots, follow the instructions for lowered dose you were given for procedure day <input type="checkbox"/> Be sure to bring: <ul style="list-style-type: none"> • Insurance card or Medicare card • Identification (CA driver's license, or ID card) • Cash, check or credit card (Visa or Master Card) for co-payment and/or deductible payment. (For co-payments or deductible amount, please your facility) <input type="checkbox"/> Allow 2-3 hours at the facility before your driver will pick you up. Staff will call your driver to coordinate <input type="checkbox"/> Normal diet after you are home

Consider stopping all casual (not Dr. recommended) Aspirin or NSAIDS-no ibuprofen, Advil, Aleve, Naprosyn, Excedrin---only Tylenol is okay or meds for migraine



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