



GUNNISON VALLEY HOSPITAL

Preparation for Colonoscopy

Date Scheduled _____ Time _____ Arrive _____

1. You may take your blood pressure, seizure, and/or heart medication on the morning of your procedure.
2. Baby aspirin should be **stopped 24 hours prior** to surgery. Adult Aspirin and NSAIDS (Ibuprofen, Aleve, ect.) should be **stopped 10 days prior** to surgery. Blood thinners should be **stopped 4 days prior** to surgery unless otherwise directed. Tylenol may be taken if needed.
3. Wear comfortable clothing to the hospital on the day of procedure.
4. Do NOT wear any jewelry, contact lenses or make-up to the hospital on the day of procedure.
5. You will need to arrange for a caregiver to take you home and be with you for 24 hours after your procedure.
6. The colonoscopy usually takes about 30 minutes. You will be in the recovery room for 30-45 minutes postoperatively at which time you will be discharged with your caregiver.
7. Purchase the following medications
 - 238 gram bottle of MIRALAX powder
 - One box of DULCOLAX laxative tablets

The medication is over the counter, you do NOT need a prescription for either. Also, you can use a generic brand for both medications.

PREPARATION INSTRUCTIONS FOR COLONOSCOPY

48 HOURS PRIOR TO THE PROCEDURE

Maintain a LOW RESIDUE DIET. DO NOT eat any seeds, nuts, corn, popcorn, berries, tomatoes, oats, or whole grain bread.

DAY PRIOR TO PROCEDURE

You are allowed to eat a LOW RESIDUE BREAKFAST. Examples include: eggs, white toast with butter or margarine, bananas, applesauce, peaches and pears without skin. No solid foods the remainder of the day, only clear liquids (liquids you can see through).

CLEAR LIQUIDS INCLUDE:

- Water
- Sodas - 7 Up, Sprite, Ginger Ale, Cola
- Strained fruit juices (apple, white grape) (NO PULP)
- Clear broth or bouillon (good source of protein)
- Gatorade, Kool-Aid, or other fruit-flavored drinks
 - NO red, blue, or purple.
- Lemon or Orange Jell-O – no fruit toppings or pudding
- Popsicles
- Coffee and Tea – NO milk or non-dairy creamer

Clear liquids EXCLUDE: Milk or milk products, and red, blue or purple liquids. Yellow, orange, or green are acceptable.

BEGINNING AT:

- 12:00 PM Take 2 Dulcolax tablets.
- 1:00 PM Mix the 238 g bottle of Miralax with your choice of 64 ounces of clear liquid. Example: Two 32 oz Gatorade bottles. Shake or stir the solution until the Miralax is dissolved. Drink the Miralax solution until it is gone. Preferably drink one 8 oz. glass every 15 minutes. However if drinking at this pace causes stomach pains, nausea, or bloating then lengthen the time between each glass. It will not affect the quality of the prep; just lengthen the time it takes to finish the prep.
- 6:00 PM Take 2 more Dulcolax tablets.

CONTINUE DRINKING CLEAR FLUIDS UNTIL BEDTIME. THE MIRALAX IS VERY DEHYDRATING, SO CONTINUE TO DRINK YOUR FLUID OF CHOICE TO STAY WELL HYDRATED.

NOTHING TO DRINK AFTER MIDNIGHT!

Please call the office at (970) 641-3927 as soon as possible if you have any questions regarding your preparation procedure.