



GUNNISON VALLEY HOSPITAL

Preparation for PM 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

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.

DO NOT eat any seeds, nuts, corn, popcorn, berries, tomatoes, oats, or whole grain bread.

After 10:00 AM, you **cannot** eat any more solid foods. Only clear liquids (liquids you can see through) for the remainder of the day.

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.

DAY OF COLONOSCOPY

TIMING OF THESE DOSES ARE ESSENTIAL TO AN EFFECTIVE PREPARATION!

Mix the 238 g bottle of Miralax with your choice of 64 oz. of clear liquid. Example: Two 32 oz. Gatorade bottles. Shake or stir the solution until the Miralax is dissolved. This can be done the day before and kept cold in the refrigerator.

7 Hours Prior to the Procedure: Drink half (32 oz.) of the Miralax solution AND take ONE Dulcolax tablet. Drink 8 oz. of the Miralax solution every 15 minutes until you have drunk the full 32 oz. This should take you about 1 hour.

4 Hours Prior to the Procedure: Drink the rest of the Miralax solution (32 oz.). Drink 8 oz. of the solution every 15 minutes until it is finished. This should take you about 1 hour.

CLEAR LIQUIDS are OK up to 3 hours before the procedure, but nothing past 3 hours.

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