



# GUNNISON VALLEY HOSPITAL

## Preparation for Colonoscopy

Date Scheduled \_\_\_\_\_ Time \_\_\_\_\_

Arrive By \_\_\_\_\_ (report to 2nd floor Surgery waiting room)

Call 970-641-7240 to schedule your COVID-19 screening test for procedure date: \_\_\_\_\_

1. You should take your blood pressure, seizure, and/or heart medication on the morning of your procedure with a sip of water, nothing else.

### 2. Medications

- Blood thinners - Aspirin and NSAIDS (Ibuprofen, Aleve, etc.) should be stopped 10 days prior to surgery. Tylenol may be taken if needed.
- Xarelto/ Eliquis – Interrupt 1 day before surgery and re-initiate one day after surgery (hold for 2 days total)
- Warfarin – Interrupt 3 days before surgery and re-initiate one day after surgery (hold for 4 days total)
  - Follow up with your prescribing provider for verification of hold days as reasons for taking blood thinners do vary.
- Type 1 Diabetes – Follow up with your prescribing provider for specific instructions for reducing daily insulin for day of surgery

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

No solid foods for 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. -Yellow, orange, or green are acceptable.**

Lemon or Orange Jell-O – No fruit or pudding bases popsicles

Coffee and Tea – NO milk or non-dairy creamer

### BEGINNING AT:

- 10:00am Mix the 238g bottle of Mirilax with 64oz of your choice of clear liquid then refrigerate.
- Dilute flavored clear liquids with 32oz of water to reduce the amount of sugar and sodium consumed during prep
- 12:00pm Take two (2) Dulcolax tablets with water, continuing to hydrate.
- 1:00pm Start drinking 8oz glasses of prep solution every 15 minutes until 32oz (half) of the prep solution is consumed.
- Pace yourself as consuming the prep to quickly can cause nausea and vomiting.
  - If pain a bloating does occur, lengthen the time between 8oz glasses to every 20-25 minutes.
- 4:00pm Start drinking 8oz glasses of prep solution every 15 minutes until the remaining 32oz is consumed.
- Pace yourself as consuming the prep to quickly can cause nausea and vomiting.
  - If pain a bloating does occur, lengthen the time between 8oz glasses to every 20-25 minutes.
- 7:00pm Take two (2) Dulcolax tablets with water

CONTINUE DRINKING CLEAR FLUIDS. THE MIRALAX IS VERY DEHYDRATING, SO CONTINUE TO DRINK CLEAR FLUIDS UPTO MIDNIGHT THE NIGHT PRIOR TO YOUR PROCEDURE TO STAY WELL HYDRATED.

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