



# Colonoscopy Preparation

## INSTRUCTIONS

**Welcome.** Your provider has recommended a colonoscopy and we are pleased that you have selected CRMC for your healthcare. A colonoscopy is an examination of your colon (large intestine) using a flexible tube with a tiny camera that is inserted into your rectum and allows the doctor to see the inside of your colon. Sometimes tissue samples or biopsies may be taken during the procedure. For your doctor to see the lining of your colon clearly, you will need to do a cleanse or bowel prep to empty your colon. **Be sure to read through all of the directions before you begin, and call if you don't understand something.**

### Your colonoscopy is scheduled for:

Date: \_\_\_\_\_ with Dr. \_\_\_\_\_

Location: 320 East Main Street Crosby, MN 56441

**You will receive a call with your arrival time the business day prior to your procedure.**

**Since we have reserved this time for you, please call 218-545-1048 as soon as possible if you need to cancel or reschedule. If canceling within 24 hours of your procedure time, please call 218-546-2318.**

Within 30 days prior to your procedure, you will need a medical exam by a healthcare provider. This is to make sure it is safe for you to receive sedation and to give you instructions on stopping or changing any medications before your procedure.

### Preoperative Exam:

Date: \_\_\_\_\_ Provider: \_\_\_\_\_

Time: \_\_\_\_\_ Clinic: \_\_\_\_\_

☐ Please schedule your preoperative exam with your primary care provider.

### Medications

- A pre-op nurse will call you about a week before your procedure to review your medical record, prep instructions and medication instructions.
- You will be asked to **hold your vitamins and supplements 1 week** before your procedure.
- For patients taking medications for **diabetes** or **weight loss medications**, we will discuss any holds or dosage changes necessary.
- If you have **asthma** and use an inhaler, use as directed and bring your inhaler with you on procedure day.
- If you are taking **blood thinners** such as Warfarin, Clopidogrel, Xarelto or Eliquis, please ask your doctor for instructions on when to stop these medications.
- **DO NOT STOP** any prescription medications without being told to do so.

## What You Need

**If you are asked to do a 2-day or double prep, you will need 2 sets of the prep items.**

- Dulcolax (Bisacodyl) laxative: 4 pills, 5 milligrams each
- Miralax (polyethylene glycol 3350): 1 bottle, 238 grams each
- 56-64 ounces of an electrolyte drink such as Gatorade, Powerade, Propel or other clear liquid. (No red or purple)
- Clear liquids to drink as you will be on a clear liquid diet for 1-2 days prior to your procedure.

**ALL-IN-ONE  
READY TO GO**

Pick up your prep  
kit at the CRMC  
pharmacy!

### Clear Liquids - Ok to Drink

- Water, flavored water
- Tea and black coffee without any milk, cream or creamers
- Clear juices without pulp such as apple, white grape, lemonade, white cranberry\*, clear broth or bouillon (chicken, beef, vegetable)
- Soda
- Sports drinks (Gatorade, Propel, Powerade, pedialyte)
- Popsicles without fruit or cream\*
- Jell-O or gelatin without fruit\*

**\*No red or purple colored items**

### Avoid

- Alcoholic beverages
- Milk or cream
- Smoothies or milkshakes
- Protein drinks
- Orange juice, grapefruit juice, or tomato juice
- Soups other than broth
- Anything with red or purple dye
- Gum, hard candy, mints

## How to Prepare

### 3 Days Before Your Procedure

- Start cutting back on the amount of food you are eating and avoid foods with seeds, nuts and fruit with skins as these are more difficult to clear out of your colon.
- Start drinking more water and other clear liquids. By staying hydrated, you will feel better and your cleanse will be more effective.

**If you have been told to do a double prep or 2-day prep, please follow the special instructions on the last page.**

## The Day Before

**You will be on a clear liquid diet all day. No solid food.**

**NO** gum, hard candy, smoking, vaping, chewing tobacco, or using tobacco pouches after 12:00 a.m. midnight.

**3:00 p.m.** - Take 4 of the Dulcolax (Bisacodyl) pills by mouth (5 mg each for a total of 20 mg)

**6:00 p.m.** - Mix the 238 gram bottle of Miralax (polyethylene glycol 3350) in 56-64 ounces of electrolyte drink until fully dissolved in a pitcher or large container. Drink 8 ounces of the mixture every 15 minutes until **HALF** of the solution is gone.

**Midnight** - No smoking, vaping, chewing tobacco or nicotine pouches.

**4-5 hours before your scheduled arrival time, you will begin the**

**second half of your prep** - Drink 8 ounces of the Miralax solution every 15 minutes until completely gone. Do not drink anything else after you complete this portion of the prep.

If you have a long distance to travel or if it took you longer than an hour to drink the first half of the prep, start the second half of your prep earlier.

If at any point during your prep you feel nauseated, slow down or take a 15-20 minute break and come back to it.

If you have had gastric bypass, Roux-en-Y, gastric diversion or gastric sleeve, you may need to extend your time in between drinks.

## The Day of Your Procedure

- Again, do not drink any liquids after completing the second half of your prep.
- Shower before coming in. You may wash your hair, brush your teeth and put on deodorant. Do not use any lotions, creams or powders on your skin that morning.
- Wear clothing that is easy to get on and off, remove your piercings and leave all jewelry and valuables at home.
- Bring your ID, insurance card, co-payment, and rescue inhalers.
- If you wear glasses/contacts, hearing aids or dentures, you may wear them but bring the cases with you as you may be asked to remove them prior to your procedure.
- When you arrive: enter through the main entrance and check-in at the multispecialty clinic/surgery registration desk just past the café.

### Getting Home - YOU MUST HAVE A RESPONSIBLE INDIVIDUAL TO BRING YOU HOME.

This is for your safety and others on the road. Driving after receiving sedation is ILLEGAL. Having someone with you guarantees post-discharge assistance. If using a ride share, taxi, or bus, you must have a responsible companion with you, besides the driver, or your procedure may be canceled or rescheduled.

You also may NOT operate any motorized vehicles (i.e. ATV, snowmobile, machinery), equipment, sign any legal documents, etc. following anesthesia administration for remainder of day.

We ask that your driver wait at the facility, so they can accompany you to the vehicle and are ready to bring you home when your procedure is complete.

For your safety, we recommend having a responsible adult stay with you for up to 24 hours following your procedure.

## Questions or Concerns

If you have any questions or changes in your health prior to your procedure, please call the pre-op education department at 218-546-2375. We have staff available 24/7 to assist you.



# Double or Two-day Preparation

## INSTRUCTIONS

### How to Prepare

#### 2 Days Before Your Procedure

For a full two days, you will be on a clear liquid diet all day. NO SOLID FOOD.

**3:00 p.m.** - Take 4 of the Dulcolax (Bisacodyl) pills by mouth (5 mg each for a total of 20 mg)

**6:00 p.m.** - Mix the 238 gram bottle of Miralax (polyethylene glycol 3350) in 56-64 ounces of electrolyte drink until fully dissolved in a pitcher or large container. Drink 8 ounces of the mixture every 15 minutes until the solution is gone.

### The Day Before

**You will be on a clear liquid diet all day. No solid food.**

**3:00 p.m.** - Take 4 of the Dulcolax (Bisacodyl) pills by mouth (5 mg each for a total of 20 mg)

**6:00 p.m.** - Mix the 238 gram bottle of Miralax (polyethylene glycol 3350) in 56-64 ounces of electrolyte drink until fully dissolved in a pitcher or large container. Drink 8 ounces of the mixture every 15 minutes until **HALF** of the solution is gone.

**Midnight** - No smoking, vaping, chewing tobacco or nicotine pouches.

**4-5 hours before your scheduled arrival time, you will begin the second half of your prep**

- Drink 8 ounces of the Miralax solution every 15 minutes until completely gone. **Do not drink anything else after you complete this portion of the prep.**

If you have a long distance to travel or if it took you longer than an hour to drink the first half of the prep, start the second half of your prep earlier.

If at any point during your prep you feel nauseated, slow down or take a 15-20 minute break and come back to it.