

## **Colyte with Miralax (3 Days prior) Colonoscopy**

Your Colonoscopy is scheduled on Date: \_\_\_\_\_ at Time: \_\_\_\_\_

You should arrive at Time: \_\_\_\_\_ Location of Procedure: \_\_\_\_\_

**Please Note:** The arrival time is earlier than the procedure time. This will allow for preparation time. You **MUST** have a DRIVER to take you home. The driver must remain at the facility for the duration of your stay. If you do not have a driver present, your procedure will be canceled.

Confirmation of appointment: You will be called 7 days prior to your procedure. If we do not reach you, we will continue calling up until 3 days prior to your scheduled procedure.

**Please Note - If we do not receive a phone call from you, your procedure will be cancelled. You may leave a message at the office to confirm, cancel or reschedule.**

**If you take a blood thinner listed below follow your physician's instructions for when to stop:**

Pletal (Cilostazol), Jantoven, Plavix (Clopidogrel), Ticlid, Coumadin, Warfarin, Persantine (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto, Pradaxa (Dabigatran).

\*If you are a diabetic with an insulin pump, please contact your endocrinologist to help manage your insulin.

### **1 week Prior**

Purchase the following:

Miralax 238-gram bottle (over-the-counter) and Pick up your Colyte prep that was called into your pharmacy.

Purchase clear liquids such as broth, popsicles, tea, coffee, water, jello (lime, lemon, pineapple, banana or peach), Gatorade, soft drinks. (No red or purple liquids) for your clear liquid diet.

**Four (4) days before your procedure: Date: \_\_\_\_\_**

\*STOP ALL Iron supplements or multivitamins with Iron, Herbal and homeopathic supplements

\*CONTINUE: Your medications for your heart, blood pressure, asthma, aspirin, or other chronic medical conditions unless otherwise instructed by your physician. This is very important.

\*Please avoid foods with seeds, nuts, fruit/vegetables with skin and corn until after procedure.

**Three (3) days before your procedure Date: \_\_\_\_\_**

Begin taking Miralax 17 grams twice a day for the next three (3) days. You will Continue taking Miralax 17 grams by mouth twice a day.

**One (1) day before your Colonoscopy, Date: \_\_\_\_\_**

Begin clear liquid diet in the morning. No solid food or milk products, avoid red or purple liquids.

Drink plenty of fluids today for hydration.

Mix the Colyte according the directions on the container.

**\*If you are a Diabetic:**

Insulin Pump: Follow your Endocrinologist instructions.

Oral Diabetic: Take half of your normal dose.

Insulin-dependent diabetic: Take half of your normal dose

**\*At 5:00pm:** Begin drinking 1 glass (8oz) of solution every 10-15 minutes until you drink 1/2 gallon (64 oz). It is important to drink the entire 1/2 gallon of Colyte. Save the remaining 1/2 gallon for a second dose tomorrow.

\*If you experience nausea or vomiting take a 15-20-minute break, then continue drinking prep solution.

\*You may use Vaseline as needed for a sore bottom and your first bowel movement may take up to several hours to occur.

**The day of your Colonoscopy Procedure, Date: \_\_\_\_\_**

**\*6 hours before STOP SMOKING and / or CHEWING TOBACCO.**

\*5 hours before your procedure Time: \_\_\_\_\_, begin drinking the remaining 1/2 (64 oz) of Colyte. Drink 8 oz of solution every 10-15 minutes until you drink the entire remaining amount of Colyte. It is important to drink the entire prep for a thorough exam.

**\*You may continue to drink clear liquids until 3 hours before your procedure.**

\*After your prep, the results should appear clear yellow or clear green liquid with no matter. If not, call our office at 828-254-0881 and ask to speak to the endoscopy nurse.

**DO NOT have anything by mouth 3 hours before your procedure, Time: \_\_\_\_\_**

**No Gum, Mints, Hard Candy, or Chewing Tobacco 3 hours prior to your procedure.**

\*If you take Heparin or Lovenox: Do not take the day of your procedure.

\*If you are a diabetic, please hold all diabetic medications. You may bring them with you.

\*Take your morning medication, with the exception of those listed above, with a sip of water at least 3 hours before your procedure, unless otherwise instructed by your physician.

**\*Be sure to bring the following:**

\*\*Responsible adult driver to stay with you and drive you home. Your procedure will not start without your driver present.

\*Insurance cards and photo I.D./License

\*Any co-insurance fees due.