

# INSTRUCTIONS FOR PROCEDURES AT 11:30 AM OR LATER

PLEASE READ ALL ENCLOSED INFORMATION CAREFULLY.

Please complete all enclosed forms and bring them, along with your insurance card(s), copayment or deductible on the day of your procedure.

**NOTE:** If you take any blood thinning medications such as Coumadin, Warfarin, Pradaxa, Plavix®, have an artificial heart valve, or an allergy to Latex, please call 303-205-1090 x8503 for further instructions.

## THE DAY BEFORE THE PROCEDURE



If you choose, you may have **ONE** Ensure/Glucerna shake **BEFORE 9:00 AM**, otherwise start the liquid diet.

**AFTER THE SHAKE YOU MAY HAVE NO SOLID FOODS. UNTIL YOUR EXAM YOU MUST BE ON A CLEAR LIQUID DIET. NO SOLID FOODS OR DAIRY PRODUCTS ALLOWED.**

Please continue to take all of your routine medications as normal.

A clear liquid diet is necessary for a colonoscopy. A complete cleansing of the entire bowel is essential for effective results, so that there will be no need for retesting.

**Your Clear Liquid diet options for the day before your procedure:**

Tea and Coffee	Clear Juices	Powdered Lemonade	Water/ Vitamin Water	Carbonated Beverages
	Such as apple or white grape juice 			
<b>NO DAIRY</b>	<b>NO PULP NO RED, ORANGE OR PURPLE</b>	<b>NO PULP</b>	<b>NO RED, ORANGE OR PURPLE</b>	<b>NO DARK COLORED OR PURPLE</b>

Sports Drinks	Popsicles	Jell-O	Broths/ Coconut Water	Honey/Sugar
	 <b>WITHOUT MILK OR ADDED FRUIT</b>			
<b>NO RED, ORANGE OR PURPLE</b>	<b>NO RED, ORANGE OR PURPLE</b>	<b>NO RED, ORANGE OR PURPLE</b>		

# INSTRUCTIONS FOR PROCEDURES AT 11:30 AM OR LATER

## THE NIGHT BEFORE YOUR PROCEDURE

1



### TIME

**3:00 PM the day before your procedure**

Pour the 64 oz. of Gatorade into a pitcher and chill in the refrigerator.

2



### TIME

**3:00 PM the day before your procedure**

Take 4 Dulcolax with a glass of water.

3



### TIME

**5:00 PM the day before your procedure**

Mix together the **ENTIRE BOTTLE** of Miralax (238 grams) with **64 oz.** of chilled Gatorade.

4



### TIME

**5:00 PM the day before your procedure**

Begin drinking, and drink **HALF OF THE MIXTURE (32 oz.)** Drink an 8 oz. glass of the solution every 15 minutes **until gone.**

**Drink an additional 16 oz. of CLEAR liquids through the rest of the evening.**

Diarrhea usually begins within an hour or two, but may vary. You may notice some bloating or cramping at the beginning, but this will improve once the diarrhea begins. Diarrhea usually continues for 1-2 hours after completing the Miralax. Stay close to a bathroom once you start the prep. You may use non-alcohol wipes to cleanse after each bowel movement, and a barrier cream such as A & D ointment® for chaffing.

# INSTRUCTIONS FOR PROCEDURES AT 11:30 AM OR LATER

## THE MORNING OF THE PROCEDURE

5



### TIME

**6:00 AM the day of your procedure**

Drink the **OTHER HALF OF THE MIXTURE (32 oz.)**

Drink an 8 oz. glass of the solution every 15 minutes **until gone.**

## THE DAY OF THE PROCEDURE



### **4 HOURS BEFORE YOUR PROCEDURE**

#### **NOTHING BY MOUTH**

You can have clear liquids only until 4 hours before your procedure.

**NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE. (NO GUM OR MINTS)**

- You should take any blood pressure and heart medications the morning of the procedure with only a small sip of water.
- You may brush your teeth.
- Please don't forget to bring your completed paper work, insurance cards, copayment or any deductible due at time of service.

**YOU MUST BE ACCOMPANIED BY A FRIEND OR RELATIVE TO DRIVE YOU HOME. YOU MAY NOT DRIVE, OR GO HOME BY TAXI OR BUS. IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE MAY BE CANCELLED.**