

PREPARATION FOR YOUR COLONOSCOPY

Medication Instructions:

Continue these medications:		Stop these medications as indicated:		
		7 days prior	5 days prior	3 day prior
<ul style="list-style-type: none"> Blood pressure Heart medications 	<ul style="list-style-type: none"> Plavix Ticlid Effient 	<ul style="list-style-type: none"> Dicumarol Coumadin Warfarin 	<ul style="list-style-type: none"> Xarelto Pradaxa Agrylin 	
Take these medications <u>on the day</u> of procedure just before you stop drinking liquids:		If you take any of the following medications ask for special instructions:		
<ul style="list-style-type: none"> Blood pressure Heart medications 		<ul style="list-style-type: none"> Diabetic Water pills Iron pills 	<ul style="list-style-type: none"> Pletal Persantine Aggrenox 	

Purchase the following items:

- 1 container of Miralax (240 g)
- 1 box of Dulcolax
- 1 64 oz bottle of Gatorade

1. Starting the morning prior to your procedure _____ drink plenty of clear liquids **ONLY**.

What you can have:		What you can NOT have:	
<ul style="list-style-type: none"> Water Clear broth Tea (no milk) Black coffee 	<ul style="list-style-type: none"> Fruit juices (not red) Jell-O (not red) Ice pops soda 	<ul style="list-style-type: none"> Milk Dairy products Red juices 	<ul style="list-style-type: none"> Red Jell-O Orange juice Solid food

2. At 2:00 P.M. on _____ take 2 Dulcolax tablets.

3. At 4:00 P.M. on _____ mix the entire 240 g bottle of Miralax with 64 oz of Gatorade (or beverage of choice) in a pitcher. Shake the solution until Miralax is dissolved. Drink an 8 oz. glass every 10 to 15 minutes until **HALF** the solution is gone. Drinking with a straw helps. You should begin to notice diarrhea in about an hour. You may notice some bloating or cramping at the beginning of the prep but will improve once diarrhea starts. Continue to drink as much liquids as possible.

4. At 6 AM on the morning of your procedure _____ drink the remaining HALF of the Miralax solution. Drink an 8 oz. glass every 10 to 15 minutes until the remaining solution is gone.

You may drink clear liquids **up until 3 hours** before your colonoscopic procedure.

Someone will have to drive you home about 1 to 2 hours after the procedure is completed. **You will not be able to drive or operate potentially dangerous machinery for at least 12 to 24 hours after the procedure.**

Shortly after the procedure is completed, the doctor will give you preliminary test results. It is expected of the patient to call the office for biopsy results (if taken) and further instructions 4 to 5 days after the procedure when these results become available. If you were taking any aspirin, Dicumarol, warfarin, coumadin, Plavix, Pradaxa, Effient, Xarelto or Ticlid prior to your procedure **DO NOT RESUME THIS MEDICATION UNTIL INSTRUCTED BY DR. WEXLER.**

Appointment Schedule:

Name: _____ Time: _____ Date: _____

Facility: _____ Arrival Time: _____