



Digestive Care Center

General Procedure Instructions

Read and follow these instructions closely. Failure to follow them will result in your procedure being **cancelled or rescheduled** to a different day. These instructions are for your safety. Failure to follow them could cause severe complications, resulting in **HOSPITALIZATION or even DEATH**.

****DO NOT DRINK ANYTHING FOR FOUR (4) HOURS BEFORE YOUR SCHEDULED PROCEDURE START TIME. THIS EVEN INCLUDES CHEWING GUM, MINTS, OR SMALL AMOUNTS OF WATER AND MEDICATIONS.***

****NO TOBACCO PRODUCTS FOUR (6) HOURS BEFORE YOUR SCHEDULED PROCEDURE START TIME.****

****Please notify us** if you are taking any **blood thinning** medications, (ex: Coumadin, Plavix, Aggrenox, Xarelto, Eliquis, Pletal, Pradaxa, etc.) or Diabetic Medication.

****Avoid CBD Oil and Marijuana use 24 hours prior to your procedure.**

Do NOT take any of the following medications for **SEVEN (7) days** prior to your procedure:

1. NSAIDs, such as Advil, Nuprin, Meloxicam, Motrin, Aleve, or ibuprofen
2. Iron medications or supplements (e.g. Fermalox, Niferex, Ferrous Sulfate), or vitamins containing iron
3. Any fiber supplements such as Metamucil, Citrucel, Konsyl

DO:

1. Call the facility where you will have your procedure with any questions regarding your medications or preparation instructions.
2. **Have someone accompany you to the procedure. He/she MUST stay at the center the entire time you are there to be available for any emergencies and because some of the medication you will receive will impair your ability to drive.**
3. If you are having a colonoscopy, follow the prep instructions carefully and completely.
4. If you are having an upper endoscopy (EGD), begin a clear liquid diet at 11:00 PM the night before your procedure.
5. Stay hydrated by drinking plenty of clear liquids up to your four hour cutoff point.
6. Brush your teeth, but do not swallow water or toothpaste.
7. Check with the physician managing your medications regarding options for temporarily stopping any blood thinning medications or diabetic medications.
8. Take your normal dose of blood pressure, heart, or seizure medications. If, you should take medication the morning of your procedure, take it **at least four (4) hours prior to your procedure**.
9. Arrive for your procedure as directed. Your arrival time will be approximately one hour before your procedure begins. However, if your procedure is scheduled for 7:00am or 7:30am, please be aware that our office does not open until 6:30am. You do not need to arrive before 6:30am.
10. Because each case is different, many factors determine what time your procedure will actually begin. Please remain patient. We will do our best to accommodate you in a timely manner.



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Miralax® Colonoscopy Prep Instructions (One Day Prep)

Purchase the following:

1. Four (4) Dulcolax LAXATIVE tablets , over the counter
2. One (1) bottle of Miralax (238 grams), over the counter
3. Two (2) bottles of Gatorade (NO red, purple, or orange) or Propel (32 oz)

One week before your procedure do NOT eat:

| | | | |
|---------------------------------|---------------------------|-------------------|------------|
| strawberries | caraway seeds (rye bread) | pineapple | tomatoes |
| chili or kidney beans | lettuce | popcorn | corn |
| Olean products | breads with sesame seeds | red/orange Jell-O | oranges |
| fruit or vegetable skins/ seeds | peas | | grapefruit |
| | nuts | | |

You may eat any food not listed above, including fruits and vegetables that are peeled and have the seeds removed.

The Day Before your Procedure, You MUST Start a Clear Liquid Diet, Limited Only to:

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|----------------------------|--------------------|--|
| fat-free broth or bouillon | ginger ale | iced tea |
| coffee with NO creamer | Kool-Aid | soft drinks (i.e. Coke, Sprite, Pepsi) |
| Hi-C | clear fruit juices | plain gelatin desserts |

*Please avoid liquids containing RED, PURPLE, or, ORANGE dyes. NO milk, orange juice, or tomato juice.

1. **Between 5:00 pm and 6:00 pm**, take four (4) Dulcolax laxative tablets with eight (8) ounces of water.
2. **One hour later**, mix one bottle of Gatorade or Propel with ½ bottle of Miralax (119 grams). Drink the entire 32 oz bottle within one hour (roughly one glass every 15 minutes).
3. Follow this with the second bottle of Gatorade or Propel mixed with the remaining ½ bottle of Miralax (119 grams). Drink the entire 32 oz bottle within one hour (roughly one glass every 15 minutes). You may resume a clear liquid diet after you have finished drinking your prep.

The Day of Your Procedure

1. Drink as much clear liquid as you can until 4 hours before your procedure to prevent dehydration.

Do NOT consume anything 4 hours before your procedure.