



**FamilyPhysicians**  
*of Laramie*

307.742.3242 phone 307.742.3282 fax

**Scheduling the Procedure:**

Dr. Haeberle has a block of time on Thursdays available for colonoscopies at Ivinson Memorial Hospital (IMH). Expect a phone call from the IMH Surgery Department about 3 or 4 days prior to your colonoscopy announcing your arrival time. All times are at the discretion of the Surgery Department.

**ONE WEEK PRIOR TO YOUR COLONOSCOPY:**

Stop taking medicines that thin the blood, such as Aspirin, Advil (Ibuprofen), Aleve (Naproxyn), or other anti-inflammatories. If you are taking a prescription Anti-inflammatory or a prescription blood thinner (such as Coumadin, Warfarin, Xarelto, Eliquis, Pradxa, Plavix, Clopidogrel) discuss this with our team at FPL. (TYLENOL is OK)

**Purchase the following:**

1. Two 8.3 ounce (238 gm) bottles of Mira-Lax (This does NOT require a prescription)
2. Two 64 ounce bottles of Gatorade (NOT red or purple)
  - a. If you have Diabetes, use Powerade Free to avoid blood pressure problems
  - b. If you have severe kidney insufficiency, you may use plain water

**ON THE MONDAY PRIOR TO YOUR COLONOSCOPY:**

Start a low-fiber diet. Don't eat fruits, vegetables with seeds and skins, and green leafy vegetables and salads, corn, popcorn, beans, and forms of whole grains. Stop using any fiber supplements, like Metamucil, Citrucel, and Benefiber.

**ON THE WEDNESDAY PRIOR TO YOUR COLONOSCOPY:**

A low fiber breakfast may be consumed, but drink only clear liquids after noon that day. Clear liquids are things like broth, tea, coffee, water, soda, and Jell-O (as long as it's not red or purple).

At 6:00 p.m., mix the Mira-lax bottle with an entire 64-ounce bottle of Gatorade. Drink one 8-ounce glass of this mixture every 15 minutes until it is gone. Drink each glass as quickly as possible.

You will need to remain near a toilet, and bowels will begin to move within 2-3 hours of starting to drink the mixture, and for several hours after that.

*Your bowel movements should be transparent, like discolored water, without ANY solid component. If your bowel movements don't look like this, re-start the procedure with a second bottle of Mira-lax and Gatorade, and continue until your bowel movements are watery and clear.*

**SPECIAL INSTRUCTIONS FOR PEOPLE WHO HAVE DIABETES:**

1. Use Powerade Free instead of Gatorade
2. If you use oral medication to control blood sugar, stop taking it on the evening prior to the colonoscopy
3. If you take Insulin to control blood sugar, decrease your dose by half starting at noon the day prior to the procedure, and do not take your morning dose on the day of your colonoscopy

**\*MAKE SURE YOU HAVE SOMEONE TO DRIVE YOU ON THE DAY OF YOUR COLONOSCOPY\***