



Scheduled Date

Colonoscopy Preparation Instructions

SCHEDULING THE PROCEDURE:

Your colonoscopy is scheduled to be performed at: **Premier Bone & Joint Surgery Center**

Expect a phone call from the Premier Bone & Joint Scheduling Office within 1-2 weeks of your scheduled colonoscopy date, they will announce your procedure time and give further instructions. All times are at the discretion of the Surgery Departments at which they are performed.

ONE WEEK PRIOR TO YOUR COLONOSCOPY:

Stop taking medications that thin your blood-- prescription anti-inflammatory drugs, aspirin, Aleve, and Ibuprofen. If you are taking any prescription blood thinners (such as Coumadin, Warfarin, Xarelto, Eliquis, Pradaxa, Plavix, Clopidogrel) please refer to the additional handout on this topic.

CONTINUE TAKING ASPIRIN if you have Coronary Artery Disease.

Tylenol/Acetaminophen 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 FRIDAY 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 SUNDAY PRIOR TO YOUR COLONOSCOPY:

A low fiber breakfast and early lunch 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). **No Dairy.**

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. Your bowels will start to move 1-3 hours after your start time.

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.

Do NOT eat or drink anything after 3:00 am the day of your procedure, unless directed by Premier Bone & Joint. If you do, **your procedure may be cancelled.**

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 AND STAY WITH YOU FOR 24 HRS FOLLOWING THE PROCEDURE

CANCELLATION POLICY: We appreciate at least a 2-week notice if you need to cancel or reschedule, there is no fee for your first time unless it's less than a 2-week notice. A second cancellation, reschedule, or reschedule less than 2-weeks in advance will result in a \$50 office fee. Please note this does not include emergencies.

Family Physicians of Laramie, LLC.

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Colonoscopy Preparation Low Fiber Diet

Protein Foods

Meats, poultry, fish and eggs contain no fiber and are included in a no- or low-fiber diet. Well-cooked meats, poultry and fish are recommended. Boost your protein intake while easing digestion by eating custards and puddings, which are made using eggs and milk.

Dairy

Milk, yogurt, cheese, cottage cheese, buttermilk, sour cream and ice cream contain no fiber. Dairy foods are an excellent source of calcium, which is essential for healthy bones, teeth and cell function. **DAIRY IS NOT CONSIDERED A CLEAR LIQUID!!**

Grains

Breads, cereals and any products made with whole grains are considered high fiber, also included are: muffins, waffles, pancakes and French toast. Instead, low-fiber foods such as white rice, refined pasta and Melba toast -- a very thin and crispy toast -- are recommended.

Vegetables and Fruits

Seedless and stemless fruits and vegetables that are cooked, strained or pureed in a blender are allowed, as well as juices without pulp. Skinless sweet or white potatoes, ripe bananas, applesauce and small quantities of cantaloupe and honeydew melon are good choices. Avoid foods with a lot of roughage, such as raw vegetables and fruits, beans, dried fruit, corn, peas, broccoli, prunes and prune juice, berries and raisins.

Fats and Condiments

Many condiments are acceptable on a no- or low-fiber diet. You may consume some of them in limited amount, for example, mayonnaise, mild salad dressings, ketchup, mild mustard, honey and plain broth. Fibrous condiments, such as pickles, olives, relish, horseradish and marmalade, are not advised.

The Good News

Plain Chocolate is OK!!

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