



CAPITALSURGICAL ASSOCIATES

Colonoscopy Preparation

D Over the Counter Items to Purchase:

- o 4 Dulcolax (active ingredient: Bisacodyl) Tablets o 238 Gram Bottle of the Non Prescription medication Miralax (Generic Ok) o 64 Ounces of Gatorade, NO red- or purple-colored flavors
- D Five Days Prior to Procedure:
 - o Stop all anti-inflammatory medications. These include Aspirin, Ibuprofen, Motrin, Aleve, Naprosyn, Naproxen, Sulindac, Piroxicam, Flededn, Indomethacin, Diclofenac, or Voltaren.
 - o Tylenol (Acetaminophen) is ok and safe to use in place of the above anti-inflammatory medications
 - o If you are taking Coumadin (Warfarin), Plavix (Clopidogrel), Xarelto (Rivaroxaban) or any other blood thinners please contact our office regarding this medication, if instructions to hold this drug have not already been given at the time of you office visit.
 - o Stop all fiber supplements including Metamucil, Citrucel, Benefiber, Fiber Choice and Flax seeds.
 - o If you are diabetic and use insulin, please contact our office for insulin instructions if not already discussed at your visit.
 - o Should you have ANY QUESTIONS about any medications you should or should not take please call our office.

D One Day Prior to your Procedure:

- o Take only clear liquids by mouth. A good rule of thumb with a clear liquid is anything you can hold up to the light and see through. These include clear juices (apple/white grape juice), tea, coffee (No Cream or sugar), clear soft drinks, sports drinks (Gatorade,G2,PowerAde), Clear broth, Bouillon, Jell-O or popsicles.
- o Continue to avoid red- and purple-colored products and dairy products along with consuming large amounts of fluids to avoid hunger and dehydration.
- o At 10:00am take two (2) Dulcolax tablets. You may begin to experience intestinal cramping and stooling shortly after taking this medication.
- o At 3:00pm take the other two (2) Dulcolax tablets. Again, you may continue to experience or begin to experience intestinal cramping and stooling shortly after taking this medication.
- o At 5:00pm mix the 238 gram bottle of MiraLAX (or generic) into the 64 ounces of Gatorade. Mix or shake until the powder has completely dissolved into the solution. Drink a 8-10 ounce glass every 10-15 minutes until the entire

solution is gone. Should you develop nausea after drinking this solution it is ok to slow down to an 8–10-ounce glass every 20-25 minutes. You will begin to experience loose stools shortly after you begin this medication.

- o You may continue consuming clear liquids until 6 hours prior to your procedure.
- The Day of you Procedure:
 - o Take your usual prescribed medications with small sips of water, unless otherwise indicated.
 - o Please bring a copy of your current medications with the dosage to your procedure.
 - o You may NOT drive after the procedure. It is strongly recommended that you enlist a family member or a friend to take you home safely after the procedure.

*For questions or concerns before or after procedure contact:

Sara R. Medical Assistant for Dr. Gay
208-321-4790 sralston@capsurgical.com

Appointment: _____ AT _____

Check in: _____