

COLON AND RECTAL SURGEONS OF KANSAS CITY

COLONOSCOPY PREPARATION

Seven days prior to procedure:

Do not take any aspirin products. If you are not sure about your routine medications please ask your pharmacist to avoid any health risks during this procedure.

Please be aware, unless instructed otherwise, that if a biopsy is taken or a polyp removed you will have to refrain from aspirin products for 3 weeks following the procedure.

Five days prior to procedure:

Stop taking Coumadin or any blood thinning agents. If you are unsure about whether your routine medications contain these agents please contact your pharmacist.

The day prior to procedure:

Diet must only include CLEAR LIQUIDS the entire day. Examples of clear liquids: water, Seven-up, Sprite, chicken or beef broth, Gatorade, white grape juice, Jell-o, tea, coffee **without sugar or cream.**

Do not eat anything colored Red or Purple.

Drink plenty of fluids throughout the day to remain hydrated and to make bowel prep easier.

Begin Miralax/Gatorade Bowel Prep at 3:00PM. First take 4 Dicolax tablets.

Mix 238 grams of MiraLax with two 32 oz bottles **or** one 64 oz bottle of Gatorade.

Begin drinking solution at 5:00pm.

Finish drinking solution at 7:00pm.

If you begin to feel nauseous wait 30-60 minutes between drinks.

Do not eat or drink anything after midnight.

After procedure:

You **must have someone drive you home** after the procedure.

Please call Jamey Hough, Surgery Coordinator, with any questions. (913)677-4010.