



## Instructions for Colonoscopy – 2 Day Prep

**On the day of your procedure please bring photo ID and a list of ALL your medications and dosages.**

**Due to unexpected emergencies, your procedure time cannot be guaranteed. Please contact your insurance company prior to your procedure to understand your responsibility for any co-payment and/or deductible. Note: This is a hospital-based Endoscopy Unit.**

You will have your procedure at: \_\_\_ Rhode Island Hospital, 593 Eddy St., Providence - Main Building, 9<sup>th</sup> Floor, 9B Endoscopy Unit  
\_\_\_ Wayland Surgical Center, 17 Seekonk St., Providence \_\_\_ Miriam Hospital, 164 Summit Ave., Providence - 1<sup>st</sup> Floor, Endoscopy Unit

Date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_ Arrival Time: \_\_\_\_\_  
With: Dr. \_\_\_\_\_

### Important

- Do not stop Aspirin unless instructed by your primary care physician or cardiologist. If you take an oral contraceptive at night, you should take the pill in the morning with your light breakfast and use a backup method of contraception. Colonoscopy preparation may interfere with absorption of the pill. Resume your birth control pill as usual after the procedure.
- A responsible adult must be available to come into the Endoscopy suite to sign you out of the unit. You will not be able to drive on the day of your procedure. You must have someone drive you home. You may take a taxi or bus, but only if you are accompanied by a responsible adult.
- Please do not wear perfumes or body lotions on the day of your procedure.

**Important:** Notify your physician if you are taking medications for **diabetes (oral or injectable)** and/or **anticoagulants ("blood thinners")** such as **Coumadin, Warfarin, Heparin, Plavix**, etc., and ask for further instructions.

**Purchase at the Pharmacy** (1) 10 ounce bottle of Magnesium Citrate (**Lemon or Lime only**), (4) Dulcolax tablets, (1) 238 gram bottle of Miralax, and (1) 64 ounce bottle of Gatorade. (**DO NOT get Red, Blue or Purple Gatorade.**)

### Two Days Before Colonoscopy

On \_\_\_\_\_ (date)

Eat normally, but **AVOID** all popcorn, nuts, and seeds such as quinoa, sesame seeds, and whole flax seeds.

**In the Evening**, drink one bottle of Magnesium Citrate (10 ounces) and immediately after that drink 2 to 3 eight ounce glasses of clear liquid. Clear liquids are those you can "see through". Examples of clear liquids include:

- ✓ Water
- ✓ Strained fruit juice without the pulp
- ✓ Plain coffee and tea (**without** milk or cream)
- ✓ Clear broth or bouillon
- ✓ 7 UP, Sprite and Ginger Ale
- ✓ Sports drink (such as Gatorade and Propel Water) (Avoid red, blue and purple)
- ✓ Kool-Aid or other fruit flavored drinks (Avoid red, blue and purple)
- ✓ Plain Jell-O without added fruit or toppings (Avoid red, blue and purple)
- ✓ Popsicles (Avoid red, blue and purple)

### Day Before Colonoscopy

On \_\_\_\_\_ (date)

**For Breakfast** You may have a **light breakfast** consisting of plain or vanilla yogurt, 2 slices of dry or buttered toast, coffee or tea (with a little cream or milk) and clear liquids.

**After Breakfast** Start on a clear liquid diet. Clear liquids are those you can "see through".

**NOTE: CLEAR LIQUIDS ONLY. No DAIRY. No LIQUIDS that are red, blue or purple.**

**At 3:00 p.m.** Take 4 Dulcolax tablets.

**At 4:00 p.m.** Mix the 238 gram bottle of Miralax in 64 ounces of Gatorade. Shake well until all of the Miralax powder is dissolved.

**At 5:00 p.m.** Drink an 8 ounce glass of the Gatorade and Miralax mixture every 20-30 minutes until it is all gone.

Continue drinking clear fluids until bedtime.

You are allowed to have clear liquids up until 4 hours prior to your procedure.

### Day of Colonoscopy

On \_\_\_\_\_ (date)

You may have small amounts of clear liquids until 4 hours prior to your arrival time, then nothing by mouth until after the procedure, unless otherwise instructed by your physician. **No gum or candy. Medications** may be taken with sips of water on your regular schedule until 4 hours before your arrival time. **Diabetic patients:** please check your blood sugar level before your procedure.

Please call the office if you have any questions 401-793-7080.

Information about your procedure can be found on our website at [www.womensGIRL.org](http://www.womensGIRL.org)