



STARTING THE WEEK BEFORE THE PROCEDURE

1. You will need to purchase: 238 gram bottle of Miralax (you can use other brands such as Dulcolax Balance or generic polyethylene glycol-3350) and 64 oz Gatorade or Crystal Light (NO Red/Purple colors)
2. Due to the sedation you will receive, you will not be able to drive or to take public transportation following your procedure. You must bring a driver to take you home. If you do not have a driver, your procedure will be cancelled.
3. Starting **5 days** before your colonoscopy, do not take multivitamins, iron, vitamin E, oils (Omega-3, fish, etc.), herbal or fiber preparations (Metamucil, Fibercon, Citrucel). It is okay to take Tylenol or low dose aspirin (81mg). Please try to avoid Advil, Ibuprofen, Excedrin, Aleve, etc.
4. Starting **3 days** before the procedure, **NO** fresh or raw fruits and vegetables (cooked/canned okay); also **NO** seeds and nuts.
5. Take your usual medications the morning of your colonoscopy, except for the following:
 - **Diabetic:** Cut your normal dosage in 1/2 (Half), on the day before and the day of the procedure.
 - **Diuretics (water pills):** Do not take on the day before and the day of the procedure.
 - **Blood thinners:** Stop taking 7 days prior to the procedure, or as directed.

If you take nitroglycerin or asthma inhalers, please bring them with you to your colonoscopy appointment.

STARTING THE DAY BEFORE THE PROCEDURE:

1. **IN THE MORNING**, mix the 238 g bottle of Miralax with the 64 oz bottle of Gatorade or Crystal Light. Place this mixture in the refrigerator. Do not drink this mixture yet.
2. **THAT SAME MORNING**, begin a clear liquid diet. No solid foods are allowed. Foods that are acceptable include broth, Jell-O, popsicles, sport drinks, soda, apple juice, white grape or white cranberry juice, plain coffee or tea. Foods that are not acceptable include milk, creams, dairy products or soy/nut-based dairy replacements, orange juice, foods and drinks with red or purple colors.
3. **AT NOON**, take one Dulcolax tablet with water. Repeat this every 15 minutes until all four tablets are taken.
4. **STARTING at 2pm**, begin drinking the Miralax solution. Drink an 8 oz glass every 15-20 minutes until half of the mixture remains. Drinking through a straw often helps. You may feel chilled, crampy, bloated or nauseated due to the volume of liquid. This should improve when you start having bowel movements. If you feel really sick, stop drinking for an hour and let things move downstream.

If you are only having a colonoscopy at the Alberty Center or the Downtown Center:

- Approximately 5 hours prior to your appointment, drink the remaining mixture.
- Continue your clear liquid diet until 3 hours before your procedure. You can take medications with a sip of water, but nothing else.

If you are having a procedure at the hospital OR if you are also having an upper endoscopy:

Your procedure is scheduled on _____.

- On the day prior to the procedure, starting at 7pm, please drink the remaining mixture.
- Continue your clear liquid diet until midnight. You can take medications with a sip of water, but nothing else.

Please arrive at _____.

Alberty Surgical Center

DT Day Surgery Center

St. Vincent's Hospital

Good Samaritan Hospital

Please note | *You will be charged for cancellations made within 2 business days of your appointment. If you have any questions, please give us a call. If 2 hours after finishing the Miralax mixture, you still have bowel movements that are not liquid/clear, please call and have a physician paged for further instructions.*

Downtown Office: 503-221-0161, ext. 2130/2330

Downtown Day Surgery: 503-221-0161, ext. 2196

Tigard Medical Office: 503-293-0161, ext. 4053

Alberty Surgical Center: 503-445-9066, ext. 4622

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