



BEAR CREEK
MEDICAL PLAZA

MORNING COLONOSCOPY PREP INSTRUCTIONS

Medication Restrictions: 5 DAYS PRIOR STOP all blood thinning medications (Coumadin, Plavix, etc.), all oil supplements (Vitamin E, Vitamin D, Fish Oil, Flax Seed, Flax Oil, etc.) and all aspirin and baby aspirin. You may take acetaminophen (Tylenol) and ibuprofen (Advil, Motrin).

Food Restrictions: 3 DAYS PRIOR you need to follow a **low-fiber diet**. See the attached page for a list of foods to avoid.

THE DAY BEFORE your procedure follow these steps:

- 1) The day before you may eat a light breakfast (such as eggs or toast) **before 8:00am**. You may have coffee or tea **WITHOUT MILK or CREAMER**. Sweeteners are fine.
- 2) **When you wake up** take the laxative pills (a total of **20 mgs**).
- 3) **Starting at 8:00am** you will be on clear liquids only until after your procedure. Drink plenty of liquids throughout the day to stay hydrated.

Clear Liquid Suggestions: Water, clear broth, bouillon, fruit juices without pulp. You may eat Jell-O and popsicles. **NOTHING RED OR PURPLE**. Orange colored items are fine.

- 4) **At 1:00 p.m.** mix 1 bottle (**8.3 ounces**) of MiraLAX in 2 liters (about ½ gallon) of any clear liquid. Drink 8 ounces every 60 minutes until gone.

THE DAY OF your procedure:

- 1) **NO FOOD!** You may have a small amount of **clear liquids ONLY** up to 2 hours before your procedure **start time**. You may have coffee or tea **WITHOUT MILK or CREAMER**. Sweeteners are fine.
- 2) Take your regular morning medications unless we instructed you not to take them. **Do not take** any vitamins or supplements until after your procedure.

IF YOU ARE DIABETIC: Please **DO NOT** take the morning dose of your diabetic medication. The nurses will check you after you are admitted.

Your total stay from check-in to check-out is about 3 hours. **You must have someone drive you home.** Taxis are allowed if you do not have a ride.

If you have questions, please call Catherine our Surgery Scheduler at 541-488-4464.

You need **BOTH** of the following products for your colonoscopy preparation:



MiraLAX (powder laxative)

Please get an **8.3 ounce bottle**

(Store brand ok.)

AND

Two (2) **10 mg LAXATIVE** Pills (or a total of 20 mgs of laxative pills)

Any brand you want is fine.

Do NOT get stool softeners