



BEAR CREEK  
MEDICAL PLAZA

**AFTERNOON 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 will start clear liquids at 10:00 a.m. **No food after 10:00 a.m.**

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

- 2) **At 10:00 a.m.** take the laxative pills (a total of **20 mgs**).
- 3) **At 11:00 a.m.** Scoop out 2 cap-fulls of the MiraLAX and set aside. You will use these the day of your procedure. Mix the remaining bottle 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!** Take the 2 cap-fulls of MiraLAX and mix in 16oz of clear liquid. **Drink the entire 16oz at 8:00am.**
- 2) You may have clear liquids up to 2 hours before your procedure start time. You may have coffee or tea **without creamer or milk**. Sweeteners are fine.
- 3) Take your regular morning medications unless your doctor instructed you not to. **Do not take** any vitamins or supplements until you get home.

**IF YOU ARE DIABETIC:** Please **DO NOT** take your morning dose of your diabetic medications. 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**