

**PLEASE READ THOROUGHLY: FAILURE TO FOLLOW ALL INSTRUCTIONS MAY RESULT IN DELAYS/CANCELLATIONS.
AN ADULT DRIVER 18+ MUST ACCOMPANY YOU & REMAIN IN THE FACILITY.**

Appointment Details:

Please refer to your patient portal or appointment reminder for your appointment date, time, and location.

- ➔ If your procedure is at Greenville Endoscopy Center or Clemson Endoscopy Center your arrival time is **1 hour before your procedure time.**
- ➔ If your procedure is at Pelham Medical Center, Prisma or Hillcrest Hospital, or Baptist Easley Hospital a member of the hospital pre-assessment team will contact you the day before your procedure with an arrival time.
(Pre-assessment #: Pelham: 530-2128, Prisma/Hillcrest: 522-6000, Baptist Easley: 442-7833)

WHAT YOU'LL NEED:

1. Purchase one 238-gram (or 8.3 oz) bottle of MiraLAX (over the counter)
2. Purchase four (4) Dulcolax laxative tablets (over the counter)
3. Purchase 64 ounces of Gatorade (NO red, blue, or purple)
4. Follow the directions below



7 days prior to procedure.....

- **Stop** taking weight loss or appetite suppressant medications such as: Adipex, Momaira, Osymia, Phentermine, GOLO Release, Lomaira, Duromine, Metermine, Suprenza, Fastin.

5 days prior to procedure.....

- **Stop** taking iron supplements

3 days prior to procedure.....

- **Do not** eat seeds, nuts, corn, or popcorn until after your procedure.

****If you are currently taking a blood thinner medication, please follow hold instructions provided by our office. Call our office if you have not received instructions for your blood thinner medication hold.**

1 DAY BEFORE YOUR PROCEDURE:

DO NOT eat any solid foods or dairy products of any kind until after your procedure!

- If you are diabetic, only take ½ your medication dose.
- **CLEAR LIQUID DIET ALL DAY, NO SOLID FOODS.**
- **At 5:00pm**, take 4 Dulcolax tablets with 8 ounces of a clear liquid.
- **At 6:00pm**, mix ALL the MiraLAX with 64 ounces of Gatorade. Drink 8 ounces every 30 minutes for a total of 4 doses (32 ounces).

Clear Liquid (one you can see through):

- Gatorade, Pedialyte, or Powerade
- Coffee or tea (no milk, creamer, or artificial creamers)
- Carbonated drinks: Coke, Pepsi, 7-Up, Sprite, Ginger Ale
- Apple or white grape juice
- Soups: Bouillon (NO broth)
- Jell-O, popsicles (no red, blue, or purple)

Not Clear Liquid:

- No red, purple, or blue items
- No alcohol
- No milk or coconut milk
- No noodles or vegetables in soup
- No juice with pulp
- No liquid you cannot see through

DAY OF YOUR PROCEDURE:

- Diabetics do not take diabetic meds or insulin but bring to your procedure.
- You may take Aspirin, blood pressure, heart, thyroid or seizure medications with a small sip of water unless otherwise instructed.
- If you have asthma, or other lung conditions, please bring your inhalers with you to your procedure.
- **NO SOLID FOOD UNTIL AFTER YOUR PROCEDURE.**

Complete 2nd half of prep (refer to table below for time): drink 8 ounces of the remaining 32-ounce MiraLAX solution every 30 minutes for a total of 4 doses.

4 hours before your procedure time: STOP drinking all liquids (including water, chewing tobacco, chewing gum, hard candy).

You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.

COLONOSCOPY TIMELINE FOR PREP

Procedure Time	Begin 2 nd Half of Prep	STOP all liquids – nothing after this time	Procedure Time	Begin 2 nd Half of Prep	STOP all liquids – nothing after this time
7:00 AM	11:00 PM	3:00 AM	11:30 AM	5:30 AM	7:30 AM
7:30 AM	11:00 PM	3:30 AM	12:00 PM	6:00 AM	8:00 AM
8:00 AM	11:00 PM	4:00 AM	12:30 PM	6:30 AM	8:30 AM
8:30 AM	11:00 PM	4:30 AM	1:00 PM	7:00 AM	9:00 AM
9:00 AM	11:00 PM	5:00 AM	1:30 PM	7:30 AM	9:30 AM
9:30 AM	11:00 PM	5:30 AM	2:00 PM	8:00 AM	10:00 AM
10:00 AM	4:00 AM	6:00 AM	2:30 PM	8:00 AM	10:30 AM
10:30 AM	4:30 AM	6:30 AM	3:00 PM	8:00 AM	11:00 AM
11:00 AM	5:00 AM	7:00 AM	3:30 PM	8:00 AM	11:30 AM

Food and drink taken before anesthesia can cause problems such as choking or vomiting. When sedated your body's normal protective airway reflexes are impaired. Having food or liquids in your stomach of any amount greatly increases the chance of serious consequences.

COLON CLEANSING TIPS:

1. Stay near a toilet. You will have diarrhea, which can be quite sudden. This is normal.
2. Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 15-30 minute break then continue drinking the prep solution. You may take a Benadryl to help control nausea or rinse your mouth with water or mouthwash.
3. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2-4 hours, and occasionally significantly longer).
4. Dizziness or headache could be signs of low blood sugar. Drink a regular carbonated beverage (not diet) or apple juice to help alleviate these symptoms.

PROCEDURE CANCELLATION POLICY

- Cancellation less than 7 days prior to your procedure will result in a \$100 fee.
- No-showing your procedure will result in a \$250 fee.
- Appointments rescheduled more than 2 times will result in a \$100 fee and an office visit will be required prior to rescheduling your procedure.