We at Huron Gastro are happy that you and your physician have made the choice to trust us with your digestive healthcare. By scheduling a colonoscopy, you have taken the first step to preserving your health for years to come.

If you have cirrhosis, congestive heart failure or kidney failure you should **not** take this prep and instead use the Golytely prep (see website or contact us since a prescription is required).

We want your procedure to go as smoothly as possible. In order for that to happen, there are some tips we have included in this bowel prep sheet. Now, here’s what to do to get ready:

### 3 Days Before Your Procedure

- **Obtain Miralax (Polyethylene Glycol) from your pharmacy.**
  
  It comes in a 8.3 oz (238 gm) bottle. Generic equivalent is ok. No prescription is needed.

- **Obtain Dulcolax laxative (not stool softener) from your pharmacy.**
  
  You need a total of 4 Dulcolax laxative tablets. It is okay to substitute a less expensive generic for brand name Dulcolax. No prescription is needed.

- **Obtain a total of 64 ounces of Gatorade.**
  
  You can either buy one 64 ounce bottle or two 32 ounce bottles.
  - Avoid red colors. These can make it harder for the doctor to perform an accurate exam.
  - If you have diabetes you can try "G2" (low calorie Gatorade) or "Powerade Option/Zero" as another choice. Don't use just water, "Smart Water" or "Vitamin Water".

### 2 Days Before Your Procedure

- **Avoid nuts, seeds, and salads.**
  
  These can make it harder for your doctor to perform an accurate exam.

### 1 Day Before Your Procedure

- **Follow a clear liquid diet all day today. Drink lots of clear liquids to keep well hydrated!**
  
  A clear liquid diet includes water, coffee (only if you must; please limit coffee intake to 8 oz and must be black, no cream or non-dairy creamer), tea, soda, broth or clear juice like apple juice or white grape juice, popsicles, and Jell-O (no added fruit). Avoid red colors. No milk products.

  **Do not eat any solid food.**

- **Swallow 2 of the Dulcolax tablets at about 1pm.**

- **At about 5:00 p.m. (start earlier at about 3:00 p.m if your schedule allows) mix your Gatorade and the entire container of Miralax and begin drinking.**
  
  Once you mix the Miralax powder into the Gatorade, make sure you shake it up so it is fully dissolved.

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for more information visit our website at www.HuronGastro.com or call (800) 772-4659
° Start by drinking 8 ounces of the mix every 15-30 minutes but save the last 2 glasses (about 16 oz) for tomorrow morning. If you start to feel nauseated you can drink the mix more slowly. Some patients tell us that walking around relieves nausea.

° Most people will begin to have diarrhea usually within 2 hours after drinking the mix. Eventually, the diarrhea should be thin light-colored liquid with no pieces. Although this is unpleasant, it allows the doctor to perform an accurate exam.

* Swallow the other 2 Dulcolax tablets at about 8pm (even if you haven't completed the Gatorade).

**Day of Your Procedure**

* Drink the last 2 glasses (about 16 ounces) of the mix 4-6 hours prior to your scheduled procedure. If you have an early morning procedure, this may require you to awaken very early!

* Stop drinking all fluids (including clear liquids and water) 4 hours prior before your procedure. (You may have a few sips of water only to take medications.) Keep an empty stomach!

* Do not eat any solid food. Avoid chewing gum and hard candy.

**Overview:**

<table>
<thead>
<tr>
<th>3 days before</th>
<th>2 days before</th>
<th>1 day before</th>
<th>Day of Procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Buy Miralax</td>
<td>- No nuts, seeds, salads</td>
<td>- Begin a clear liquid diet</td>
<td>- No solid food</td>
</tr>
<tr>
<td>- Buy Dulcolax</td>
<td></td>
<td>- Take 2 Dulcolax tablets at 1pm</td>
<td>- 4-6 hours prior to your procedure time, drink the last 2 glasses (about 16 ounces) of mix</td>
</tr>
<tr>
<td>- Buy Gatorade</td>
<td></td>
<td>- Mix entire container of Miralax and Gatorade at 5pm</td>
<td>- Stop drinking clear liquids 4 hours before procedure</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Drink 8 ounces of mix every 15-30 min but save the last 2 glasses (16 ounces) for tomorrow morning</td>
<td>- Do not eat any solid food</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Take 2 Dulcolax tablets at 8pm</td>
<td></td>
</tr>
</tbody>
</table>

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DAY OF EXAMINATION

Important!! Stop drinking all fluids (including clear liquids and water) 4 hours prior to the exam. (Minimal sips are allowed thereafter if medications need to be taken.) Keep an empty stomach! Avoid chewing gum and hard candy.

MEDICATIONS
If you take insulin please make sure you are scheduled for an early morning appointment. Bring your insulin with you so that you can take it after the procedure has been completed and you are ready to eat.

If you are taking anti-coagulant (blood thinning) medications such as Coumadin or Plavix, tell us immediately at the time of scheduling because your dosage may need adjustment prior to the procedure. Iron supplements need to be stopped 5 days prior to colonoscopy.

All other medications should ordinarily be continued at their regular time and may be taken with a small amount of water. Please tell us if you are allergic to any pain medications or sedatives.

Do not discontinue any medications unless you have discussed this with your physician.

ANTIBIOTICS BEFORE THE COLONOSCOPY
If you have an artificial heart valve or a history of endocarditis, you may (rarely) require antibiotics. Please inform us at the time your procedure is being scheduled. Unlike for dental procedures, prosthetic joints do not require antibiotics.

CONSENT
You will be asked to sign a consent form to authorize us to perform a colonoscopy with possible biopsy and removal of polyps. Some possible, but unlikely, risks of a colonoscopy include bleeding, perforation, infection and adverse reactions to the sedatives. The consent form and your physician will provide you with more details at the time of the procedure and give you the opportunity to ask questions.

PROCEDURE
We first ask you to turn onto your left side with your knees drawn up and then you will be given sedation intravenously. The medication takes effect quickly promoting relaxation, drowsiness and forgetfulness. You may fall asleep and later remember little if anything of the procedure. A lubricant is pressed into the rectum before the colonoscope is inserted. You may feel bloating when air is added to improve visibility and cramping when the colonoscope is rounding a turn.

AFTERWARDS
You should experience little if any discomfort. You may have a full feeling that will be relieved by passing gas. You will remain in our recovery room until the main effect of the intravenous medication has worn off. We will tell you about the results of your examination. Because you may not remember what we say, we recommend that your driver be present during this conversation. Please let us know at the time you check-in for your procedure if you prefer that your results not be discussed with your driver. After you get home, you can resume your usual diet and light activities.

* You must not drive a car, make important decisions or operate machinery the rest of the day and you will need to have someone available to be with you during check in, recovery, and to drive you home and if necessary, stay with you if you are sleepy, etc (A taxi or bus is not an option).

* This person (must be at least 18 years old) must remain at the endoscopy center from check-in to discharge.

Some degree of apprehension is normal, but most patients find colonoscopy much less unpleasant than they anticipated. Our endoscopy staff will try to make your examination as comfortable as possible. If you have questions, please call our office at (734) 434-6262 or (800) 772-4659.

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