

HARRY A. KAHN, MD, MPH, FACS, FASCRS
Diplomate, American Board of Colon & Rectal Surgery
Diplomate, American Board of Surgery

Colonoscopy Instructions

Where to Go: Your colonoscopy will be conducted at Evergreen Hospital in the Comprehensive Procedure Center (CPC).

Please **check-in** at Green Registration - 1st Floor Green.

For additional directions, call the colonoscopy support staff (in the CPC) at 425-899-2367.

Plan for someone you know to take you home; otherwise, your colonoscopy will be canceled.

(If you need to reschedule your procedure, call Dr. Kahn's office at 425-899-5500.)

Bowel Prep for Your Colonoscopy Using Gatorade, MiraLAX and Dulcolax

To make your procedure safer and more successful, you must follow these detailed directions carefully so that you will have a well-prepared, clean colon for the exam.

Please purchase the following items at your local pharmacy or supermarket (**a prescription is not needed**):

- two 32 oz. bottles of **Gatorade**, one 8.3 oz. bottle of **MiraLAX Powder** and a package of 5 mg. **Dulcolax Bisacodyl Laxative Tablets**

(If you are a diabetic, use sugar-free clear drinks instead of Gatorade.)

7 Days Before Your Colonoscopy:

Discontinue medicine that can cause bleeding, such as full strength aspirin (325 mg.), Anacin, Bufferin, Aleve, Naprosyn, Advil, Motrin, Ibuprofen or Celebrex.

Acetaminophen (Tylenol) can be used as needed.

You can continue taking baby aspirin (81 mg,) for a history of heart disease or stroke.

If you take "blood thinning" medication, such as Coumadin/warfarin, Plavix or Eliquis/Xarelto, notify our office so we can check with your cardiologist or prescribing physician about bridging or discontinuing.

3 Days Before Your Colonoscopy:

Discontinue eating any foods containing seeds or whole grains. We also ask that you stop eating fruits, vegetables, corn, quinoa, beans, lentils, nuts, granola, wild rice or brown rice.

Foods OK to eat include protein (meat, fish, chicken or eggs), cheese, white rice, candy or chocolate without nuts, bread, pasta, crackers, plain yogurt, gelatin, skinned potato and all liquids.

1 Day Before Your Colonoscopy:

1. **Do not eat any food the day before your procedure.**

Your diet can only be clear liquids and your bowel prep.

Clear liquids (liquids through which you can see) include: “soft” drinks, juices without pulp, coffee or tea (no cream or milk), Jell-O, “sports” drinks, vitamin water, popsicles, bouillon or broth.

2. **Starting at 5:00 PM**, take 4 Dulcolax Bisacodyl Laxative Tablets.
3. **Around 5:30 PM**, mix all of the MiraLAX Powder (8.3 oz.) with the Gatorade (64 oz.) and chill.
4. **At 7:00 PM**, start the MiraLAX-Gatorade solution by drinking 8 oz. of the blend and continue doing so about every 20 minutes until the mixture is gone.

If you are diabetic:

As you drink your bowel prep, monitor your blood sugar closely. Use sliding scale insulin if your blood sugar becomes high. Patients who routinely take insulin should halve their evening dose the night before their procedure and then halve their morning dose the day of their exam. For those who do not take insulin, hold your diabetic medication the morning of your colonoscopy.

Colon Cleansing Tips:

Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal. Continue drinking the prep solution approximately every 20 minutes as directed. Occasionally, this may involve drinking the solution while in the bathroom. Some people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-45 minute break, rinsing your mouth or brushing your teeth. It also is common to experience abdominal cramps or discomfort until most of the stool has been flushed from your colon. This may take 2-4 hours, and occasionally longer. If anal skin irritation or hemorrhoidal inflammation develops, you can treat this with an over-the-counter hydrocortisone cream, Calmoseptine ointment or soft wipes.

On The Day Of Your Colonoscopy:

Do not have anything to drink for 8 hours before your procedure. Also, do not chew gum or tobacco, eat candy or lozenges, or smoke anything. You may have a few sips of water when taking any required medication.

Remember, do not eat any food until after your colonoscopy.

If you normally take in the morning a beta-blocker medication (metoprolol, atenolol, sotalol or carvedilol), continue doing so with sips of water on the day of your procedure.

Discharge Following Colonoscopy:

Driving is not permitted for the rest of the day following your procedure because sedatives are given. You also cannot use a taxi or ride-sharing service. You must have a friend or family member return you to your home, and if feasible, stay with you once you get there.