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COLONOSCOPY

PLEASE ARRIVE 1 hour before your scheduled procedure time and report to the Surgical Services Department located as you enter the main lobby entrance to Northwestern Medical Center.

*** IMPORTANT ***

NO ASPIRIN OR BLOOD THINNERS SHOULD BE TAKEN FOR 5 DAYS PRIOR TO YOUR PROCEDURE.

YOU WILL NEED TO MAKE ARRANGEMENTS FOR A DRIVER TO BRING YOU HOME.

PLEASE LEAVE ALL JEWELRY AND OTHER VALUABLES AT HOME. YOU ONLY NEED TO BRING YOUR INSURANCE CARD AND ONE PIECE OF IDENTIFICATION WITH YOU.

At least two days before the exam you will need to go to your pharmacy and purchase 2 bottles of Miralax (1-238 grams and 1-119 grams) and a small bottle of Dulcolax (laxative) tablets. You also need to purchase 96 ounces of Gatorade (not red or orange).

1. **The entire day before your exam** you are only to have clear liquids. Clear liquids consist of Jell-O (excludes red and orange Jell-O), ginger ale, popsicles that melt to a clear liquid (excludes red and orange popsicles), Gatorade, cola, black coffee or tea, water and any liquid you can see through but **ABSOLUTELY NO MILK PRODUCTS**. It is important to drink as much fluid as you can as it will aid the prep in cleaning your bowel. Remember to drink some fluid containing sugar.
2. Pour all of the Miralax into the 96 oz of Gatorade, mix well and refrigerate.
3. **At 4:00 PM** the day before your procedure take two Dulcolax tablets.
4. **At 5:00 PM** the day before your colonoscopy drink ½ of the Miralax/Gatorade solution. Follow with 4 more cups of clear liquids.
5. The **day of your procedure**, 4 hours before your scheduled arrival time, drink the rest of the Miralax/Gatorade solution. Follow with 4 more cups of clear liquids.
6. Keep drinking clear liquids until your stool is clear.