

Two Day Colonoscopy Prep Instructions

You are scheduled for a Colonoscopy with Dr. Michael Gilbert.

The following is the preparation guide for your upcoming procedures. The purpose of colonoscopy prep is to clean your colon. It is critical you finish **ALL** the prep instructions as directed to clean your bowels adequately. Even if you are passing clear liquid, you must complete the prep.

Essential information to note:

- **You will need a responsible adult to drive you home from your procedure;** this is due to the administration of sedative medications during your procedure. You **CANNOT** drive the remainder of the day and it is also advised you avoid making any significant decisions or operate heavy machinery the remainder of the day. **Your procedure will be cancelled if you do not have an adult to drive you home.**
- **Ensure Monadnock Gastroenterology Associates has up to date insurance information prior to arriving for your procedure.** Insurance companies vary coverage for all endoscopy procedures. Whether you are having a screening colonoscopy or a diagnostic colonoscopy, your benefits may vary. Please note, you may be scheduled for a screening procedure but if a biopsy is required or a polyp is removed, your screening colonoscopy then becomes a diagnostic colonoscopy, and your insurance may need to process the claim differently.
- **Recommended questions to ask your insurance:**
 - Ask about coverage for colonoscopy and/or upper endoscopy.
 - Ask about procedure site of care coverage.
 - Ask about “out-of-pocket” expenses, including co-pays, co-insurance, or any deductible.
 - Ask about coverage for specimens removed and sent to pathology.
- **If you are diabetic or take GLP-1 medications (Ozempic, Trulicity, Mounjaro or equivalent)** – be sure to contact your managing or prescribing provider for medication instructions. You should watch your blood sugar closely during colonoscopy prep.
- **If you are on a prescription blood thinner/antiplatelet medication (such as Coumadin, Eliquis, Plavix, Xarelto, Brilinta, Pradaxa, Effient, or an equivalent),** a nurse will contact your prescribing provider for instructions on holding this medication. If you have not heard from one of our nurses one week prior to your procedure, please contact Monadnock Gastroenterology Associates at 603-924-2600

Shopping List:

- 5 mg Dulcolax or generic bisacodyl tablets (quantity needed – **8 tablets**)
- **THREE** 238-gram (8.3 ounce) bottles of MiraLax or generic polyethylene glycol powder
- 125mg Simethicone (Gas-X) capsules or tablets (quantity needed – **3 tablets**)
- **FOUR** 32-ounce bottles of Gatorade, Pedialyte or any clear liquid of your choice (Any color **EXCEPT** for RED, BLUE, or PURPLE)

ONE WEEK BEFORE YOUR PROCEDURE

- Stop all Vitamins and Supplements, including Fish Oil and Iron.
- Stop any fiber supplements such as Metamucil, Benefiber or Citrucel.
- Stop taking all NSAIDs (Ibuprofen, Advil, Aleve, Motrin, Naprosyn, Celebrex).
- You can continue taking Aspirin 81 mg.
- Note: Tylenol (acetaminophen) does not interfere with your procedure.

THREE DAYS BEFORE YOUR PROCEDURE

- Begin a Low Residue, Low Fiber diet. These foods process quickly through the colon, providing an easier and more comfortable preparation.

FOODS TO AVOID	FOODS YOU CAN EAT
Nuts and seeds, Beans, Raw fruits and vegetables with peels & seeds, Popcorn, Raisins, Other dried fruit, High fiber cereals, Oatmeal, Alcohol	Eggs, White bread, Plain Bagels, Chicken, Turkey, Ham, Fish, Crackers, Plain or Vanilla yogurt, Pasta, Waffles or Pancakes, Lunch Meat, Applesauce, Bananas, Cantaloupe, Avocado, Creamy Peanut Butter or Almond Butter, Mashed Potatoes, Low Fiber Cereal, Ice Cream, Sherbet, Sorbet, Canned or Cooked Fruit without seeds or peels

BOWEL PREP INSTRUCTIONS

TWO DAYS BEFORE YOUR PROCEDURE

Two days before your colonoscopy is your first “Prep Day.” Drink **CLEAR LIQUIDS ONLY** on your Prep Day. Do not eat any solid food on your Prep Day.

Examples of CLEAR LIQUIDS: Water, Gatorade, Propel, Vitamin Water, Pedialyte, Crystal Light, apple juice, white grape juice, pear juice, flavored water, soda, tea or black coffee without any milk or cream, broth (chicken, beef, or vegetable), popsicles, Jell-O, Italian ice. **NO RED, BLUE OR PURPLE**

You should stay very hydrated all day, drinking at least one 8-ounce glass of water each hour.

- Do not consume any alcohol two days before your procedure.
- **At 11:00 am:** Mix the MiraLAX (238-gram bottle) in 64 ounces of the clear liquid of your choosing. Begin drinking this mixture, in 8-ounce glass throughout the day, complete drinking the prep solution by 5:00 pm.
- **At 5:00 pm:** Take 4 Dulcolax tablets with at least 8 ounces of water.

ONE DAY BEFORE YOUR PROCEDURE

The day before your colonoscopy is your second “Prep Day.” Drink **CLEAR LIQUIDS ONLY** on your Prep Day. Do not eat any solid food on your Prep Day.

You should stay very hydrated all day, drinking at least one 8-ounce glass of water each hour.

ONE DAY BEFORE YOUR PROCEDURE

- Do not consume any alcohol the day before your procedure.
- **At 5:00 pm:** Take 4 Dulcolax tablets with at least 8 ounces of water.
- **At 6:00 pm:** Mix the MiraLAX (238-gram bottle) in 32 ounces of the clear liquid of your choosing. Begin drinking this mixture, one 8-ounce glass every 15 minutes. It will take you 1 hour to finish the mixture. If you feel crampy or nauseous, take a break for 30 minutes.
- **At 7:00 pm:** Once you finish the MiraLAX mixture, take Simethicone, one tablet (125mg).

THE TIMING OF THE LAST PART OF THE PREP DEPENDS ON WHEN YOUR PROCEDURE IS SCHEDULED:

If you are scheduled to arrive between 6:30 am and 11:15 am:

- **At MIDNIGHT:** Mix the second bottle of MiraLAX (238-gram bottle) in 32 ounces of the clear liquid of your choosing. Begin drinking this mixture, one 8-ounce glass every 15 minutes. It will take you one hour to finish the mixture.
- **At 1:00 am:** Once you finish the MiraLAX mixture, take Simethicone, two tablets (125mg each).

If you are scheduled to arrive between 11:30 am and 3:00 pm:

- **At 6:00 am (ON THE DAY OF YOUR PROCEDURE):** Mix the second bottle of MiraLAX (238-gram bottle) in 32 ounces of the clear liquid of your choosing. Begin drinking this mixture, one 8-ounce glass every 15 minutes. It will take you one hour to finish the mixture.
- **At 7:00 am:** Once you finish the MiraLAX mixture, take Simethicone, two tablets (125mg each).

*If you are on **blood pressure, asthma, and/or seizure medication** you must take your medication the morning of your procedure.*

ABSOLUTELY NOTHING BY MOUTH 2 HOURS PRIOR TO YOUR PROCEDURE.

If you eat or drink anything within 2 hours of your scheduled procedure, your procedure will be cancelled.

Please bring a medication list to your procedure and arrive at the main entrance of the hospital and follow the signs for the “Day Surgery Waiting Room” to check in.

Thank you for entrusting us with your care. We look forward to seeing you for your appointment. If you need to reschedule or have any further questions, please contact our office at 603-924-2600.

Regular business hours: Monday-Friday, 8:00 a.m. - 4:00 p.m.