

Colonoscopy - Two Day Preparation Guide



Monadnock
GASTROENTEROLOGY ASSOCIATES



Shopping Guide

Pharmacy Shopping List:

- 5mg Dulcolax or generic bisacodyl tablets (need 8 tablets)
- Three 238 gram (8.3 ounce) bottle of MiraLax or generic polyethylene glycol powder
- 125 mg simethicone capsules or tablets (also called Gas-X, need two tablets)
- Four 32 ounce bottles of gatorade, pedialyte or clear liquid of your choice (Any color EXCEPT for RED, BLUE or PURPLE.)

Grocery List -Clear

liquids:

- Sports drinks (not red, blue or purple)
- Apple or white grape juice
- Clear broth or bouillon
- Water
- Coffee/tea without milk
- Plain Jell-O & italian ice (not red, blue or purple and no fruit or toppings)



7 Days Before Procedure

- Stop **ALL** vitamins and supplements Including Fish Oil, Iron and NSAIDs
- Stop any fiber supplements such as Metamucil, Benefiber, or Citrucel - check with managing clinician for alternative
- If you are on a prescription blood thinner and have not received Instruction, please call Monadnock Gastroenterology Associates at 603.924.2600
- If you are a diabetic, call your managing or prescribing doctor to determine how your medication should be taken on the day of your procedure
- Confirm your driver and contact phone number for transport home. You **MUST** have a ride home from a responsible adult as you will have received sedation. inform them that the procedure will take approximately 2 hours



3 Days Before Procedure

- Begin a low residue and low fiber diet. These foods process quickly through the colon, providing an easier and more comfortable preparation.
- **STOP** eating
 - Bread or crackers with fiber, wheat, seeds
 - Raw vegetables and fruit with skin, beans
 - Red meats
 - All nuts, seeds and popcorn, raisins
 - Gum, mints and hard candy
 - Alcohol
 - Anything with red, blue, or purple coloring
- Mix one Miralax bottle (238 grams) in 64 ounces of clear liquid. Place in refrigerator to keep cold for next day. **DO NOT ADD ICE**
- Stop eating solid foods at 11:59 pm



2 Day Before Procedure

- Only drink clear liquids the ENTIRE day.
- NO solid foods.
- Drink 8 ounces of clear liquids every hour after waking up
- Get mixed bowel preparation solution from refrigerator and start drinking the 64 ounces of solution at any point during the day. Try to spread it out over the course of the day and complete drinking the first bowel preparation solution by midnight.
- In addition to the prep drink 8 ounces of clear liquid every hour throughout the day
- **5:00 PM**
 - Take 4 Dulcolax tablets with sips of water



1 Day Before Procedure

- Only drink clear liquids the ENTIRE day.
- NO solid foods.
- Drink 8 ounces of clear liquids every hour after waking up
- Mix 1 bottle of Miralax (238 grams) in each of the last 2 - 32 ounce bottles of clear liquid. Place in refrigerator to keep cold. **DO NOT ADD ICE.**
- **5:00 PM**
 - Take 4 Dulcolax tablets with sips of water
- **6:00 PM**
 - Get one 32 ounce bottle of mixed solution from refrigerator and drink 8 ounce glasses every 15 minutes for a total of 4 glasses
 - 15 minutes later, drink 8 ounce glasses of water every 15 minutes for a total of 2 glasses



Day Of Procedure

- **5 hours before scheduled arrival time:**
 - Get the other 32 ounce bottle of mixed solution and drink 8 ounce glasses every 15 minutes for a total of 4 glasses
 - Take two 125 mg simethicone capsule or tablets
 - 15 minutes later, drink two 8 ounce glasses of water 15 minutes apart
- **STOP ALL FLUIDS 2 hours prior to procedure**
- Remember NO solid foods, gum or mints
- If you are on **blood pressure, asthma, and seizure medication** you must take your medication the morning of your procedure, prior to check-in.
- Please bring a medication list to your procedure



Important Information



Monadnock
GASTROENTEROLOGY ASSOCIATES

DIABETIC AND WEIGHT LOSS MEDICATIONS

Albiglutide (Tanzeum, Eperzan), Dulaglutide (Trulicity), Exenatide ER (Bydureon Bcise), Exenatide IR (Byetta), Liraglutide 3mg (Saxenda), Liraglutide 1.2 mg or 1.8mg (Victoza), Lixisenatide (Adlyxin, Lyxumia), Naltrexone-Bupropion (Contrave), Orlistat (Alli), PhenQ, Phentermine or Phentermine/Topiramate (Lomaira, Adipex-P, Qsymia), Pramlintide (Symlin), Semaglutide (Ozempic Wegovy, Rybelsus), Setmelanotide (Imcivree), Tirzepatide (Mounjaro, Zepbound)

These medications delay gastric emptying and must be stopped for ONE FULL WEEK prior to procedure. Please reach out to prescribing provider for further instruction.

BLOOD THINNERS

Coumadin
Plavix
Eliquis
Brillinta
Xarelto
Pradaxa

Our nurse will contact prescribing provider for instruction on holding these medications. If you have not heard from one of our nurses one week prior to your procedure please reach out at 603.924.2600



It is critical you take ALL the prep solution, as directed to clean your bowels adequately. Even if you are passing clear liquid, you must continue to take the entire dose of the prep.



Ensure all necessary insurance information and payment arrangements are in order before the procedure. Not all insurance policies cover screening colonoscopy. If your insurance company requires a referral or prior authorization, please ensure our office has received it before the procedure. If there has been a change in your insurance information since your procedure was scheduled, please call our office to be sure your information is up to date.



Due to the sedative medications administered during the procedure, you will not be able to drive yourself home afterward. Please arrange for a responsible adult to accompany you to the appointment and drive you home afterward. It's also advisable to avoid making any significant decisions or operating heavy machinery for the remainder of the day. **You will need a responsible adult to drive you home from your appointment; otherwise, your procedure will be canceled.**

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 get in touch with our office at **603.924.2600**.
Regular business hours: Monday-Friday, 8:00 a.m. - 4:00 p.m.