



These instructions are intended to make sure that your procedure goes as smoothly as possible. Please read through the entirety of this preparation sheet at least 7 days before your procedure and follow the instructions carefully. If your colon is not completely empty and clean, your doctor may miss important findings and your procedure may have to be repeated.

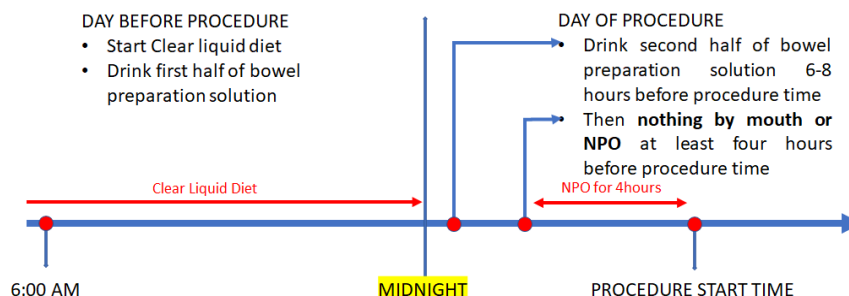


PROCEDURE DATE AND TIME:	QUESTIONS	LOCATION OF PROCEDURE
_____ ARRIVAL time is: _____	<input type="checkbox"/> McAuley Office 405-749-4247 <input type="checkbox"/> IBD - McAuley Office 405-752-3900 <input type="checkbox"/> Edmond Office 405-340-4937	<input type="checkbox"/> Mercy Hospital Admitting 4300 W. Memorial Rd. OKC, OK 73120 <input type="checkbox"/> Mercy Outpatient Surgery Center - Edmond I-35 North Building, North Entrance 2017 W. I-35 Frontage Rd. Edmond, OK 73013

IMPORTANT REMINDERS:

- You MUST bring someone 18 years or older to stay during the procedure and to drive you home. Otherwise, the procedure will not be done.
- Stop taking iron supplements and diet pills 5 days before your procedure.
- AVOID ALL NUTS, CORN, POPCORN, SEEDS OR ANYTHING THAT HAS A HUSK FOR SEVEN DAYS PRIOR TO PROCEDURE**
- AVOID ALEVE, IBUPROFEN AND ANY OTHER ANTI-INFLAMMATORY FOR FIVE DAYS BEFORE YOUR PROCEDURE. TYLENOL IS OKAY.**
- Medications:**
 - Take all your medications as usual (including blood pressure meds) the day before and the day of your colonoscopy except for the following:
 - For Diabetics:
 - If you are on insulin, take only half of your morning dose the day of your colonoscopy
 - Do not take diabetes pills the morning of your colonoscopy.
 - IF YOU ARE TAKING BLOOD THINNERS SUCH AS PLAVIX, WARFARIN, ELIQUIS, XARELTO, ETC, PLEASE CONTACT OUR OFFICE FOR DIRECTION ON HOW LONG TO HOLD BEFORE PROCEDURE. YOU DO NOT NEED TO STOP LOW DOSE ASPIRIN (325 MG AND LESS).**

TIMELINE OF BOWEL PREPARATION: Please refer to table below for detailed instructions





DARK AND MURKY
NOT OK



BROWN AND MURKY
NOT OK



DARK ORANGE AND SEMI-CLEAR
NOT OK



LIGHT ORANGE AND MOSTLY CLEAR
ALMOST THERE!



YELLOW AND CLEAR, LIKE URINE
YOU'RE READY!

**Expected Stool Color
Changes During Bowel
Preparation**

You will need to purchase:

1. Four Dulcolax® laxative tablets containing 5 mg of bisacodyl each (NOT Dulcolax stool softener).
2. One 8.3-ounce bottle of MiraLAX® (238 grams) or generic equivalent.
3. Two 32-ounce bottles of Gatorade®. (NOT RED).
4. People with diabetes should use Gatorade G2®. (NOT RED or PURPLE)

You will need to be on a **CLEAR LIQUID DIET TWO DAYS** before your procedure starting on: _____

Remain on clear liquid diet until time of NOTHING BY MOUTH listed below

ABSOLUTELY NO SOLID FOOD!

****NO DAIRY PRODUCTS** ** NO RED OR PURPLE** NO ALCOHOLIC BEVERAGES.**

Allowed Liquids

- Water, clear sparkling water, sprite, 7-up, Ginger Ale, Mountain Dew, Fresca, Club soda
- Powered or bottled sports drinks: Crystal light, Gatorade, Powerade (NO RED OR PURPLE)
- Clear Juices (NO PULP): Apple, white grape, lemonade
- Popsicles, Jell-o, Hard Candies - NO RED OR PURPLE
- Clear broth or bouillon (chicken or beef)
- Coffee and tea (NO MILK OR CREAMER OF ANY KIND)

Two days before your procedure on: _____

- a) Mix one MiraLAX bottle (119 grams) in two 32-ounce Gatorade bottles until dissolved (half bottle of Miralax in each bottle of Gatorade). Keep cool in the refrigerator. DO NOT ADD ICE
- b) In the morning, take four Dulcolax tablets
- c) Then drink 32 ounces of the first bottle of mixed solution by drinking an 8-ounce glass of bowel preparation every 15 minutes for a total of four glasses.
- d) Fifteen minutes later, drink an 8-ounce glass of clear liquid every 15 minutes for a total of two glasses.
- e) In the afternoon, repeat steps c and d for with second bottle of mixed solution

One day before your procedure on: _____

Golytely solution preparation: Fill the container with the amount of water indicated on the container. Use lukewarm water to help the medication dissolve faster. GoLYTELY solution must be mixed well before using. After mixing refrigerate the container.

At 4 p.m. begin drinking the GoLYTELY. Drink one 8-ounce glass every 15 minutes until HALF the container is left. Be sure to SHAKE WELL before each use. DO NOT add any sugars, sweeteners, or other additives to the solution. If you have problems feeling full or nauseous, stop drinking until that sensation passes and then resume.

The day of your procedure on: _____

6-8 hours before procedure time: Drink the other half of the container until it is EMPTY. Be sure to SHAKE WELL before you drink.

Important: Call office if your stools are still not clear

NOTHING BY MOUTH STARTING AT:

FOUR HOURS BEFORE PROCEDURE TIME

(Absolutely nothing by mouth - including gum, hard candy, tobacco, water)