

SAMPLE _____ HYDRO COLONIC LAVGE INSTRUCTION SHEET
_____ CHECK-IN

Name: _____

Appointment Date: _____ Check-in Time: _____

Check in at the Admitting Desk in the front lobby at the check-in time above. A hospital representative will escort you to the GI Department after admission to the hospital.

Please find included in this packet for you:

- 4 pills of Bisacodyl (Dulcolax) laxative
- 3 packets of Miralax

WHAT TO EXPECT:

Three days before your colonoscopy appointment:

MEDICATION: STOP taking any blood thinning or non-steroidal, anti-inflammatory medications (aspirin, Ibuprofen, Advil, Motrin, Aleve, Plavix, Coumadin or Warfarin) iron pills and stool bulking agents. Tylenol, and Celebrex are OK.

DIET: For three days prior to colonoscopy, eat a low fiber diet. Eliminate bulk forming supplements such as Metamucil, psyllium, and bulking foods such as fiber shakes, flax, chia, high fiber cereals, and grains. Keep overall diet nutritious and light for three days.

*****See REVERSE side for instructions for Constipation or Diverticulosis.*****

One Day before your colonoscopy appointment:

1. **8:00 AM or upon rising:** Please follow a clear liquid diet upon rising and all day. It is important to drink *at least* 1 gallon of fluids during the day. One half (½) gallon of water plus *unlimited* clear liquids is optimal. You may have clear fruit juices (no pulp), sodas, Gatorade, tea, black coffee (no cream), broth and any jello. Fruit juice, Gatorade, and clear broth will help keep your electrolytes and blood sugar levels balanced.

NO RED COLORED JUICES OR RED JELLO

Thank you for consuming adequate amounts of liquid. This will keep you hydrated for a better personal experience and also allow for the best visualization of your colon.

2. **4:00 PM:** Take four (4) Dulcolax (Bisacodyl) laxative tablets
3. **6:00 PM:** Put all 3 packets of Miralax in 12 oz. of clear liquids and drink
4. **12:00 AM MIDNIGHT: DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**

Day of your Colonoscopy:

Morning patients take your usual medications (such as high blood pressure, heart, seizure medication) as early as possible with a small sip of water. **If you take insulin, take ½ your usual dose.** Patients scheduled in the afternoon, take your usual medications and stop all liquids six hours before admission. Your lavage method bowel preparation session will start approximately ½ hour after you check-in.

You will be given sedative medications for your colonoscopy that will prevent you from driving until the next day. **You must arrange for someone to drive you home after your colonoscopy. A taxi is not acceptable.**

If you have any questions, please call our office.

We know you have a choice and appreciate the opportunity to serve you with excellence.

Thank you for choosing our facility for your colonoscopy.