



Medical Group  
Virtua Gastroenterology

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[www.virtua.org](http://www.virtua.org)

## Colonoscopy Instructions

In addition to these instructions, your prep instructions are on the other side of this paper. You must take a prep to clean your colon prior to your colonoscopy.

### **The weeks leading up to your Colonoscopy:**

- STOP all aspirin, Plavix, and aspirin related products (including Advil, Aleve, Motrin, Ibuprofen and Naproxen) for 7 days before your procedure.
- STOP all blood thinners such as Coumadin as directed by your doctor.
- Purchase your prep and prep related supplies.
- Arrange for a ride, as you must have someone drive you home.

### **On the day BEFORE your Colonoscopy:**

- You should drink only **CLEAR liquids** (unless directed by your prep instructions). Clear liquids include: Gatorade, ice tea, water, black coffee or tea, apple juice, clear chicken broth or beef broth, jello, popsicles, ginger ale, etc. If you cannot see through it... it is NOT a clear liquid. Please avoid RED drinks, jello and popsicles.
- **You may NOT eat food, drink milk, or orange juice.**
- Follow your prep instructions.

### **On the DAY of your Colonoscopy:**

- **Nothing to eat!!!!**
- Nothing to drink unless directed by your prep instructions.
- **You should NOT chew gum,** do not use mints or suck on candies or ice chips!
- **You should put NOTHING in your mouth for 4 hours before the procedure!**
- You may take your blood pressure and heart medications with a small sip of water.
- ***You must have a ride home from an adult who will be responsible for you.*** You may NOT take public transportation home.
- ***Your procedure will be rescheduled if you do not have transportation home!*** (Public transportation is not permitted)
- You may not drive, operate machinery, or return to work until the end of the day.

**If you have any questions regarding your prep or these instructions, please call us at (856) 237-8045.**

**Please note that individuals who cancel procedures with less than 24 hours' notice will be billed a \$100.00 fee.**

**Turn Paper Over for Prep Instructions**



## **Prep Instructions for MIRALAX**

### **Please keep instructions**

- You must purchase:
- 1) one (238 gram) bottle of Miralax
  - 2) four (4) Dulcolax laxative tablets (not stool softeners)
  - 3) One bottle (64 ounces) of regular Gatorade or G2 (you may substitute flavored water such as Propel)

On the day BEFORE your procedure, you should consume **CLEAR LIQUIDS only.** (see Colonoscopy Instructions on reverse side of this paper). **That means NO solid food or opaque liquids for the entire day.** Please avoid red drinks, jello, and popsicles also.

Use a pitcher or container that will hold the 64 oz. of liquid. Pour the Miralax into the container along with the liquid. Stir/shake until powder is completely dissolved.

Refrigerate until you are ready to drink it.

**At approximately 2:00 pm** take 4 Dulcolax laxative tablets.

**At approximately 6:00 pm** begin drinking the Miralax/Gatorade mixture. Drink 8 ounces every 30 minutes until it is completed.

You may consume clear liquids until midnight. After midnight, you should not eat or drink anything. No mints, gum, or ice chips.

Make sure you review the page titled **Colonoscopy Instruction** on the reverse of this paper and please call if you have any questions.

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**Turn Paper Over For Colonoscopy Instructions**