

Day of Your Colonoscopy

Follow the below instructions on ____/____/____.

It is okay to have clear liquids up to 4 hours before your procedure. For example, if your exam is scheduled for 10am, you can have clear liquids until 6am. It's **very important to follow these directions**. If you don't, Anesthesia may cancel your procedure. Or they may delay your exam until it's safe for you to have the procedure.

Your Procedure Time _____
Stop Drinking at this Time _____

You may take these Medications:	DO NOT take these Medications:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- For 24 hours after your procedure,
- You may not drive
 - You may not operate equipment (lawnmower, snow blower, ATV, snowmobile)
 - You may not sign important documents
 - You may have a light meal after your colonoscopy

Day After Your Colonoscopy

Follow the below instructions on ____/____/____.

1. Drink at least 8, 8 oz glasses of clear liquids. This is important for keeping your kidneys healthy.
2. If you had a biopsy and are having a lot of bleeding, call the doctor right away.



Getting Ready for Your Colonoscopy at LRH



You are scheduled for a colonoscopy at Littleton Regional Healthcare
(LRH) with Dr. _____ on ____/____/____.

This is a procedure during which your doctor uses a scope to look at your entire large intestine. It's **very important to follow** these instructions. We rely on you to clean your colon beforehand. If your colon is not clean, your doctor will have a hard time seeing it. Then, you might have to return for another colonoscopy.

You must have a ride to and from the hospital for the day of your procedure. Your ride must stay at the hospital during your procedure. You must give the name of your ride to the nurse when they call you 2-3 days before your exam.

Questions or Concerns
Same Day Surgery - (603) 444-9264 or (603) 259-7797
Physician Office- (603) 259-7798

Please Let Us Know If You Take Blood Thinners

Please let us know if you take blood thinners. You might have to stop taking this medication a few days before your procedure. Call the office at 603-444-0997.

- ☐ Rivaroxaban (Xarelto)
- ☐ Dabigatran (Pradaxa)
- ☐ Apixaban (Eliquis)
- ☐ Heparin (various)
- ☐ Warfarin (Coumadin)
- ☐ Clopidogrel (Plavix)

Two Weeks Before Your Colonoscopy

STOP consuming the following:

- Nuts
- Corn
- Granola
- Foods with seeds (e.g. sesame, poppy, kiwi fruit)
- Fish oil
- Vitamin E

2–3 Days Before Your Colonoscopy

Follow the below instructions starting _____.

1. The Same Day Surgery/Endoscopy nurse will call you. The nurse will review your medical history. Have your med list handy. This nurse will look over your med list. The Nurse will tell you which ones you can take the day of your procedure. **Write this list in the blue box on the back page of these instructions.**
2. Please give reliable phone numbers where we can reach you when we call you 2–3 days before your procedure.
3. Give the Same Day Surgery Nurse your ride’s name. This person will need to sign your discharge instruction and be able to take you home.

The Day Before Your Colonoscopy

Follow the below instructions starting ____/____/____.

Your selected Prep is: ☐ Miralax and Dulcolax

1. Start **Clear Liquid Diet in the Morning.** (refer to “Clear Liquid Diet” sheet)
2. **NO SOLID FOOD or full liquids (milk, yogurt, ice cream or fluids with pulp) the day before your exam.**
3. Drink at least 8 glasses (8 oz) of water or clear liquids throughout the day. **Absolutely NO red or purple colored liquids!**
4. If you are diabetic please refer to the *Colonoscopy Preparation for the Diabetic Patients* sheet.
5. Take your other meds per instructions on the next page.

☐ Miralax Prep (Over the Counter)

Mix your Miralax (238 gm) with 64 oz. of a clear liquid. Mix well and place in the refrigerator (it tastes better if it’s cold). At 3:00 PM take two (2) Dulcolax laxative tablets with 8 oz. of water. At 6:00 PM start drinking Miralax (238gm) with 64 oz. of clear liquid (Ice tea or Gatorade). Drink 8 oz. of liquid every 15–20 minutes until it’s GONE. If it upsets your stomach, stop for a brief period. Once you begin to feel better, go back to drinking the Miralax. It may take you a bit longer to finish all the prep but you must drink the liquid until it is gone.

Reference this chart to see what your stool (poop) should look like when your colon is well cleaned, and ready for your procedure.

Stool Color	Description	Readiness
	Dark, thick, particles	NOT READY
	Brown, thick, particles	NOT READY
	Dark orange, semi-clear	NOT READY
	Light orange, mostly clear	ALMOST READY
	Yellow, light, clear	READY