



Liberty Surgical Associates, PLLC  
400 136<sup>th</sup> Ave. Holland, MI 49424 616-738-0470 Fax: 616-738-0498

## Holland Hospital Colonoscopy Instruction Sheet

### Instructions for Your Prep Are as Follows:

Purchase your prescriptions, faxed to \_\_\_\_\_, of *four* (4) **Dulcolax tablets** (laxative) and *one* (1) 238gm bottle of **MiraLax** and purchase *two* (2) 32 oz bottles of clear colored **Gatorade** or **Propel**, or any brand of **electrolyte/mineral supplemented** water (Note: your solutions total volume is **64 oz.**)

### 5 Days Prior to Your Exam \_\_\_\_\_:

**Discontinue** any **Aspirin, Plavix, Aggrenox, Coumadin, Persantine, Ticlid, Pletal, Vitamin E, Celebrex, Naprosyn, Motrin, Relafen, Ibuprofen, Aleve, Advil, Mobic** and medications containing **iron**. You may use Tylenol as needed.

### 3 Days Prior to Your Exam \_\_\_\_\_:

**Do not** eat popcorn, nuts, corn or grapes with seeds

### 1 Day Prior to Your Exam \_\_\_\_\_:

If you are on Insulin, use half of your regular dose and check your blood sugars regularly.

**At Breakfast**, begin the **Low Residue/Low Fiber Diet** (see enclosed diet sheet).

**At 3:00pm**, begin clear liquid diet (see enclosed list of clear liquids). Take two (2) Dulcolax tablets.

**Between 4:00 and 5:00pm**, mix the entire bottle of MiraLax equally divided between the 2 bottles of Gatorade, Propel or electrolyte/mineral supplemented water. Shake the solution until the MiraLax has completely dissolved. Drink one bottle of Gatorade, Propel or electrolyte replacement water by drinking one 8oz glass of the solution approximately every 15 minutes until the entire bottle is gone. Reserve the second bottle for the morning of your procedure. The entire solution of each bottle should be completed in 1 hour. Diarrhea may begin within an hour and continue for 2-3 hours after finishing the preparation.

**At 9:00pm**, take the remaining two (2) Dulcolax tablets with an 8 oz glass of any approved clear liquid.

*After you have completed the preparation continue to have only clear liquids until 6 hours prior to the exam for adequate hydration.*

### Day of Your Exam \_\_\_\_\_:

**At 6:00am**, drink the second bottle of Gatorade, Propel or mineral water as listed previously.

Do not eat or drink anything 6 hours prior to your exam, other than your prep. If you are on insulin, take 1/3 of your morning dose.

You may experience some nausea, abdominal cramping, and some discomfort while using this medication. You will be given IV sedation, therefore you **MUST** arrange for someone to drive you home from the hospital. The hospital will call you the day before your exam to confirm your arrival time and give further instructions. If you have any questions regarding these instructions, call the office at 738-0470 during business hours and Dr. Hoberman at 616-610-0190 after hours.