



**Liberty Surgical Associates, PLLC**  
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## **Zeeland 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 total solutions 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 8oz glass of the solution approximately every 15 minutes until both bottles are gone. The entire solution of both bottles should be completed within 2 hours. 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 \_\_\_\_\_:**

Do not eat or drink anything 6 hours prior to your exam. If you are on insulin, **do not use insulin**.

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.