



**Instructions: Colonoscopy Preparation**

**Date of Procedure:**

**Time:** (IMPORTANT: You must arrive 30 minutes prior to your appointment)

**Phone:** (847) 247-0187

**Location:** **Winchester Endoscopy, LLC**  
1870 W. Winchester Road Ste 146  
Libertyville, IL 60048

**PLEASE – NO EATING OR DRINKING ANYTHING AFTER MIDNIGHT**

You have been scheduled for a colonoscopy. A colonoscopy is an examination of the colon (large bowel) with a lighted flexible tube called a colonoscope. Your efforts at cleansing your colon are essential for an accurate examination.

**Colonoscopy Preparation with Miralax and Gatorade:**

Please purchase the 3 over the counter products listed below

- 2 Dulcolax tablets (bisacodyl 5mg)
- 1 Miralax 238 gram bottle
- 1 Gatorade (Lemon-Lime or Orange) 64 oz

Read these instructions carefully at least one week prior to your exam. For more information about the benefits and risks of colonoscopy, please refer to the information pamphlet given to you, or call our office for additional information.

**Please Contact your PCP/Cardiologist for cardiac clearance if any of the following relate to your current health:**

- You are currently being treated for a cardiac condition.
- You have a **cardiac stent** and are taking a prescription medication.
- If you are currently taking any “blood thinners”; such as ASA, Plavix, Coumadin or Lovenox to receive medication.
- You have a pacemaker or defibrillator please let our office know immediately.

**Medication and Diet Instructions:**

Five days before the procedure:

1. Stop taking medications listed below:
  - Coumadin (Warfarin)
  - Plavix (clopidogrel)
  - Pradaxa
  - Lovenox
2. If you have an artificial heart valve, you need to talk to your primary care physician or cardiologist about using an alternative anticoagulant. Make sure the doctor doing your colonoscopy knows that you have a prosthetic valve.

Three days before the procedure:

1. Avoid eating nuts, seeds, popcorn, grapes, green peas, beans and tomatoes.

**Cardiac Patients**

If you are being treated for hypertension/high blood pressure, continue to take your medication as directed. On the day of the procedure take the medication with ONLY a sip of water.

**Diabetic Patients**

If you are taking an oral hypoglycemic ("sugar pill"), **do not take** it the day of your procedure. If you are taking insulin, take 1/2 of your prescribed a.m. insulin dose the day before your procedure. **Do not take** insulin the day of your procedure. You may take the insulin after the procedure. Call your PCP if you have any questions about your medicine during your preparation period.

**General Information**

1. You must arrive between **30 min** to one hour before the scheduled appointment according to the guidelines of the procedure location. Your entire stay for the procedure will be approximately 1 to 1 1/2 hours.
2. You are not allowed to take a taxi or public transportation home after the procedure. A friend or relative will need to drive you home, and someone will need to be with you for at least two hours to make sure there are no problems from the sedation or the procedure.
3. After the procedure, do not drive a car for the remainder of the day and do not make any important decisions until the following day.
4. Biopsy results are usually available within five business days.
5. **Patients with pacemakers** need to inform our office when booking this appointment.
6. **Patients with internal defibrillators** must have the procedure at Condell Medical Center.



**Procedure Location: NSG – Endoscopy Department**

**Date of Procedure:**

**Time of Procedure:**

**Day before the procedure:**

Start drinking clear liquids in the morning and continue throughout the day. Clear liquids include black coffee, tea with no milk, soda, Gatorade, Propel, water, clear juices (apple juice, white grape, white cranberry), clear broth, popsicles and lemon Jello (no red, blue, or purple flavors). **Do not eat any solid food while on this diet. Do not drink alcohol. No dairy products.** Deviating from this diet may prevent adequate preparation for the colon exam.

**Bowel Preparation:**

- 1** At approximately 3:00pm take two (2) Dulcolax tablets (bisacodyl 5mg) with 8 oz of water. Swallow the tablets whole with a full glass of water.
- 2** At approximately 5:00pm, mix the bottle of Miralax in 64 oz. of Gatorade (or other clear liquid). Shake the solution until the Miralax is dissolved.
- 3** Drink 8oz of the solution every 15 minutes until the solution is finished.
- 4** The bowels should eventually empty a clear yellow liquid. No food, drink or water after midnight (12:00am) the day prior to your procedure. If by 7am the bowel movement is still not clear, please call your physician at (847) 247-0187.



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**Please call our office at (847) 247-0187 with any questions.**