Center for Women's Gastroenterology
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Lifespan
Delivering health with care.

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Your procedure will take place at:
- ○ Rhode Island Hospital, 593 Eddy Street, Providence, RI – Main Bldg. 9ᵗʰ Floor, 9B Endoscopy Unit
- ○ MOC Building, 2 Dudley Street, 3ʳᵈ Floor, Providence, RI
- ○ Rhode Island Hospital Surgery Center at Wayland Square, 17 Seekonk St, Providence, RI
- ○ The Miriam Hospital, 164 Summit Avenue, Providence, RI - 1ˢᵗ Floor, Endoscopy Unit
- ○ Blackstone Surgical Center, 1526 Atwood Avenue, #300, Johnston, RI

Instructions for Colonoscopy
On the day of your procedure please bring photo ID and a list of ALL your medications and dosages.

Due to unexpected emergencies, <mark>your procedure time cannot be guaranteed</mark>. Please contact your insurance company prior to your procedure to understand your responsibility for any co-payment and/or deductible. Note: This is a hospital-based Endoscopy Unit.

Date:_____ Appointment Time: _____ **Arrival Time:** _____ With: Dr. _____

Important
- **Do not stop Aspirin unless instructed by your primary care physician or cardiologist. If you take an oral contraceptive at night, you should take the pill in the morning with your light breakfast and use a backup method of contraception. Colonoscopy preparation may interfere with absorption of the pill. Resume your birth control pill as usual after the procedure.**
- **A responsible adult must be available to come into the Endoscopy suite to sign you out of the unit. You will not be able to drive on the day of your procedure. You must have someone drive you home. You may take a taxi or bus, but only if you are accompanied by a responsible adult.**
- **Please do not wear perfumes or body lotions on the day of your procedure.**

Important: Notify your physician if you are taking medications for **diabetes (oral or injectable)** and/or **anticoagulants ("blood thinners")** such as **Coumadin, Warfarin, Heparin, Plavix,** etc., and ask for further instructions.

Purchase at the Pharmacy (4) Dulcolax tablets, (1) 238 gram bottle of Miralax, and 64 ounces of Crystal Light Drink mix. **(DO NOT get RED, BLUE or PURPLE Crystal Light Drink Mix.)**

Two Days Before Colonoscopy **Avoid** all popcorn, nuts, and seeds such as quinoa, sesame seeds, and whole flax seeds.

Day Before Colonoscopy

For Breakfast You may have a **light breakfast** consisting of 2 two slices of dry toast, black coffee, plain tea and clear liquids.
> Clear liquids are those you can "see through".
> **NOTE: CLEAR LIQUIDS ONLY. No DAIRY. No LIQUIDS that are red, blue or purple.**
> Examples of clear liquids include:
> - ✓ Water
> - ✓ Strained fruit juice without the pulp
> - ✓ Plain coffee and tea (**without** milk or cream)
> - ✓ Clear broth or bouillon
> - ✓ 7 UP, Sprite and Ginger Ale
> - ✓ Crystal Light **(DO NOT get RED, BLUE or PURPLE Crystal Light Drink Mix.)**
> - ✓ Kool-Aid or other fruit flavored drinks (Avoid red, blue and purple)
> - ✓ Plain Jell-O without added fruit or toppings (Avoid red, blue and purple)
> - ✓ Popsicles (Avoid red, blue and purple)

At 3:00 p.m. Take 4 Dulcolax tablets with an 8 ounce glass of water.
At 4:00 p.m. Prepare the Crystal Light and Miralax powder mix. Shake well until all the powder is dissolved. Refrigerate if desired.
At 5:00 p.m. Begin drinking one 8 ounce glass of the Crystal Light and Miralax mixture every 20-30 minutes until finished.
> Continue drinking clear fluids until bedtime.

Day of Colonoscopy
You may have small amounts of clear liquids until 4 hours prior to your arrival time, then nothing by mouth until after the procedure unless otherwise instructed by your physician. No gum or candy. **Medications** may be taken on your regular schedule until 4 hours before your arrival time. <mark>**Diabetic patients: please check blood sugar level before your procedure.**</mark>

Please call the office if you have any questions.   **Miralax - Diabetic**   11.02.2018