



Lifespan

Delivering health with care.

Center for Women's Gastroenterology

Providence, RI

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East Providence, RI

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Your procedure will take place at:

- Rhode Island Hospital, 593 Eddy Street, Providence, RI - Main Building, 9th Floor
- Medical Office Center (MOC) Building, 2 Dudley Street, 3rd Floor, Providence, RI
- Wayland Surgical Center, 17 Seekonk Street, Providence, RI
- The Miriam Hospital, 164 Summit Avenue, Providence, RI
- Blackstone Surgical Center, 1526 Atwood Avenue, Suite #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, **your procedure time cannot be guaranteed.** 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 a 64 ounce bottle of Gatorade. (**DO NOT** get RED, BLUE or PURPLE Gatorade.)

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 slices of dry toast, black coffee or plain tea (**without** milk or cream) and clear liquids.

After breakfast Start on a clear liquid diet. 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
- ✓ Sports drink (such as Gatorade and Propel Water) (Avoid red, blue and purple)
- ✓ 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.

At 4:00 p.m. Mix the 238 gram bottle of Miralax in 64 ounces of Gatorade. Shake well until all of the Miralax powder is dissolved.

Refrigerate if desired.

Drink an 8 ounce glass of the Gatorade and Miralax mixture every 20-30 minutes until it is all gone. Continue drinking clear fluids until up to 12:00 midnight.

Day of Colonoscopy

You may take meds with **ONLY** a sip of water. May brush teeth and prepare to arrive at your designated procedure time.

Diabetic patients: please check your blood sugar level before your procedure.

Please call the office if you have any questions.

Miralax 07.25.2019