



**Lifespan**  
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**Your procedure will take place at:**

- Rhode Island Hospital, 593 Eddy Street, Providence, RI – Main Bldg. 9<sup>th</sup> Floor, 9B Endoscopy Unit
- MOC Building, 2 Dudley Street, 3<sup>rd</sup> Floor, Providence, RI
- Rhode Island Hospital Surgery Center at Wayland Square, 17 Seekonk St, Providence, RI
- The Miriam Hospital, 164 Summit Avenue, Providence, RI - 1<sup>st</sup> 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, **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 Pharmacy** (4) Dulcolax tablets, (1) 238 gram bottle of Miralax, and (2) 32 ounce bottles of Gatorade or Crystal Lite. (DO NOT get RED, BLUE or PURPLE Gatorade or Crystal Lite.)

**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** 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 5:00 p.m.**
1. Mix the entire bottle of Miralax powder into 64 ounces (2 bottles) of Gatorade or Crystal Lite. Refrigerate if desired.
  2. Drink HALF of the Miralax mixture (32 ounces).
  3. Continue drinking clear fluids until bedtime.

#### **SIX (6) hours before your Arrival time**

1. Finish the second half of the Miralax mixture (32 ounces).
2. Continue drinking clear fluids until 4 hours before your arrival time.

#### **Day of Colonoscopy**

You may have 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 with sips of water on your regular schedule until 4 hours before your arrival time. **Diabetic patients: please check blood sugar level before your procedure.**