

General Instructions

1. Please read and follow these instructions carefully. A well-done bowel preparation is vital to preventing colon cancer.
2. If you are on a blood thinner (Coumadin, Eliquis, Plavix, Xarelto, etc.), please see the attached special blood thinner instructions for management of these medications prior to your procedure.
3. If you have any questions, please call the facility at which your procedure will be performed. Please see the end of these instructions for a listing of all applicable facilities and phone numbers.
4. Do not eat or drink anything after you finish your bowel preparation. Please avoid eating or drinking for at least 4 hours prior to your procedure; if you eat or drink anything during the 4 hours prior to your procedure, your procedure may need to be rescheduled.

Items to Purchase and Prepare Prior to Your Colonoscopy Preparation

1. Four bisacodyl (Dulcolax) 5 mg tablets.
2. Four simethicone (Gas-X) anti-gas chewables or soft gel tablets.
3. Two 8-ounce bottles of MiraLAX. A generic form of MiraLAX is equivalent to name-brand MiraLAX.
4. Two 32-ounce bottles of a Gatorade-like sport drink. Avoid red, blue, and purple liquids.
5. GoLYTELY bowel preparation; this is a prescription container and powder with optional flavor packets that you need to pick up from your pharmacy at least 2 days prior to your preparation.
6. Desitin or A&D skin ointment to protect the skin around your bottom.

One Week Prior to Your Colonoscopy

1. Drink one 8-ounce glass of water mixed with one capful of MiraLAX every night at 7:00 pm for at least 7 days prior to your colonoscopy.
2. Follow a low-fiber diet. Avoid nuts, seeds, popcorn, whole grains, and similar foods. This diet will improve your colonoscopy preparation.

Two Days Prior to Your Colonoscopy

1. Follow a clear-liquid diet. Drink a large amount of liquid all day; it's important to begin your colonoscopy preparation as well-hydrated as possible. Do not eat solid foods. Focus on water, broth, coffee, Jell-O, tea, bouillon, soda, Gatorade, Crystal Light, etc. Stay well-hydrated all day. Avoid dairy. Avoid red, blue, and purple liquids.
2. At 5:00 pm, mix the two bottles of Gatorade and the two bottles of MiraLAX in a large pitcher. Start drinking the Gatorade/MiraLAX mixture. Drink one 8-ounce glass every 15 minutes until the mixture is gone. If you feel nauseated or otherwise unwell, take a 30-minute break then resume drinking one 8-ounce glass of the Gatorade/MiraLAX mixture every 15 minutes until the mixture is gone.
3. After your first bowel movement, apply a small amount of Desitin or A&D ointment to the skin around your bottom. Re-apply a small amount of ointment after every bowel movement to protect your skin.

Some abdominal pain, abdominal cramping, and abdominal bloating are expected. These symptoms should improve as you begin having bowel movements.

The Day Prior to Your Colonoscopy

1. Continue to follow a clear-liquid diet. Drink a large amount of liquid all day; it's important to begin your colonoscopy preparation as well-hydrated as possible. Do not eat solid foods. Focus on water, broth, coffee, Jell-O, tea, bouillon, soda, Gatorade, Crystal Light, etc. Stay well-hydrated all day. Avoid dairy. Avoid red, blue, and purple liquids.
2. At 5:00 pm, mix 1 gallon of water with the GoLYTELY powder in the GoLYTELY container. Add a flavor packet if desired. The flavor packets are optional but may improve the taste of the GoLYTELY solution. Mix well; shake vigorously.
3. At 5:00 pm, take 2 bisacodyl tablets. After taking the 2 bisacodyl tablets, start drinking the GoLYTELY solution. Drink one 8-ounce glass every 15 minutes for 3 hours ($\frac{3}{4}$ of the container.) If you feel nauseated or otherwise unwell, take a 30-minute break then resume drinking one 8-ounce glass of GoLYTELY every 15 minutes.
4. After your first bowel movement, apply a small amount of Desitin or A&D ointment to the skin around your bottom. Re-apply a small amount of ointment after every bowel movement to protect your skin.
5. At 7:00 pm, take 2 simethicone tablets.
6. At 8:00 pm, take 2 additional simethicone tablets.
7. At 9:00 pm, take 2 additional bisacodyl tablets.
8. Continue to drink water or a similar clear liquid until midnight if desired.

Some abdominal pain, abdominal cramping, and abdominal bloating are expected. These symptoms should improve as you begin having bowel movements.

The Morning of Your Colonoscopy

1. Five hours prior to your procedure, drink the remaining GoLYTELY solution. Drink one 8-ounce glass every 15 minutes until the solution is gone. If needed, you can drink an additional 1 to 2 glasses of water. Please do not eat or drink anything after finishing this solution.
2. If needed, you may drink a small amount of water with any blood pressure or seizure medications you need to take 4 hours prior to your procedure.
3. Please do not eat or drink anything for 4 hours prior to your procedure.
4. If you have any questions, please call the appropriate endoscopy facility your procedure is scheduled at as per the following page.

Endoscopy Facilities

Central Utah Surgical Center

(801) 374-0354
1067 North 500 West Suite 100 Building B
Provo, UT 84604

Timpview Surgical Center

(801) 492-5994
1175 East 50 South Suite 101
American Fork, UT 84003

American Fork Hospital Endoscopy Department

(801) 855-3361
170 North 1100 East
American Fork, UT 84003

Spanish Fork Hospital Endoscopy Department

(385) 344-6011
765 East Market Place Drive
Spanish Fork, UT 84660

Utah Valley Hospital Endoscopy Department

(801) 357-7743
1034 North 500 West
Provo, UT 84604

Mountain View Hospital Same Day Surgery

(801) 465-7576
1000 East 100 North
Payson, UT 84651

Timpanogos Hospital Same Day Surgery

(801) 714-6644
750 West 800 North
Orem, UT 84057