

Colonoscopy

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

Please read these instructions carefully at least two weeks prior to your procedure. For more information about the benefits and risks of colonoscopy, please refer to the fact sheet we sent you, or call 801.357.7743 for additional information.

Two weeks before your procedure

- Purchase an 8.3 oz bottle of Miralax (polyethylene glycol), 4 Dulcolax (bisacodyl) laxative tablets and 64 oz. of Gatorade that is not red or purple.
- Call us if you are taking blood thinners such as Plavix, Coumadin, Lovenox, Xarelto, etc, so we can obtain approval from your physician for you to go off your medications before the procedure.

One day before your procedure

- Drink only clear liquids from the time you wake up in the morning. These include water, Gatorade, Propel, clear juices such as apple, white grape or white cranberry, clear bouillon, broth, plain popsicles and Jello, soda, black coffee or tea with no milk or creamer. **Do NOT drink any red or purple liquids. Do NOT eat any solid food. Do NOT drink alcohol. Do NOT consume any dairy products.**
- Mix Miralax powder and 64 oz. of Gatorade in a pitcher. Split into two equal 32 oz. doses and refrigerate.
- Drink 32 oz. of the Gatorade/Miralax mixture and take two Dulcolax laxatives at 5:00 p.m.
- Take the remaining two Dulcolax at 9:00 p.m.

The day of your procedure

- Finish the remaining 32 oz. of the Gatorade/Miralax mixture starting 5 hours before your procedure. NOTE: You must drink all the mixture within one hour.
- Refrain from drinking anything, including water or medicine, after drinking the Miralax. **Please drink all the Miralax at least four hours before your procedure arrival time.**
- Call us before your procedure if you have thrown up your laxative or are not passing clear or yellowish stool.
- Register at the computer kiosk inside the main hospital entrance at your scheduled appointment time. Have a seat in the waiting room and a registrar will soon call you up to finish your check-in.

During your procedure

You should expect to be at the hospital for up to four hours, including your procedure and recovery. Someone must come with you and stay with you the entire time you are here. This person will need to drive you home afterward, and with your permission, he or she will talk to the doctor following your procedure. If you have any worries or concerns about your preparation or procedure, please call us at 801.357.7743. If you cannot make your appointment, contact us at least 72 hours prior to your appointment.