

## How to prepare for your Colonoscopy

with Miralax/Gatorade/Dulcolax

*Please read over these instructions carefully as soon as you receive them.  
If you have not prepared for your colonoscopy properly, your appointment will need to be  
rescheduled for a later date.*

### One week before your colonoscopy

- ✓ Purchase one 64 ounce bottle of Gatorade ice (clear) **OR** one 64 ounce bottle of the Lemon-Lime Gatorade, a bottle of Miralax 255 grams and 2 Dulcolax tablets (both available over the counter at the pharmacy)
- ✓ Buy items for the Clear Liquid Diet. (see list)
- ✓ Arrange for transportation to and from your colonoscopy. You will not be allowed to drive yourself or use a taxi or bus service unless you have a responsible adult to accompany you.
- ✓ Review the special medication instructions and identify which medications (if any) you will need to stop taking before your colonoscopy.
- ✓ **Stop taking iron supplements and fish oils. (multivitamins containing iron are OK).**

### The day before your colonoscopy

- ✓ **Begin the Clear Liquid Diet (see list). The whole day will consist of clear liquids. There is no limit to the amount of clear liquids you drink during the day.**
- ✓ Drink at least one 8 oz. glass (1 cup) of clear liquid every hour during the waking part of your day. Clear liquids include anything that you can see through including; beef, chicken, vegetable broth or bouillon, apple juice, white grape juice, white cranberry juice, sodas (colas or clear, diet or regular), Jell-O or popsicles (green or yellow only), and coffee or tea. Sweeteners are ok. Creamer is not. Avoid any liquid that is red or purple in color.
- ✓ At 2pm take two Dulcolax tablets by mouth.
- ✓ Continue to drink 8 ounces of clear liquids hourly.
- ✓ At 3pm mix the entire container of Miralax with the Gatorade. Begin drinking the solution, making sure you have completed all of the mixture within three hours (by 6PM).

### The Clear Liquid Diet

The clear liquid diet begins the day before your colonoscopy. It can include:

Water

Clear Broth

Bouillon

Soda

Gatorade (no purple, red, or orange)

Clear Fruit Juice (apple or white grape)

Popsicles (no purple, red, or orange)

Jell-O (no purple, red, or orange)

Italian Ice (no cream or fruit)

Coffee or Tea (no milk, cream, or dairy substitutes)

**NO solid food**

**NO purple, red, or orange colors**

**NO milk, cream, or dairy substitutes**

- ✓ If you do not begin to have diarrhea within 2 to 3 hours, review the Frequently Asked Questions sheet for further instructions. If you still have questions, call the office at (203) 281-4463.
- ✓ Stay hydrated by drinking additional clear liquids until midnight.

### The day of your colonoscopy

- ✓ **Do not eat anything.**
- ✓ You may continue to drink clear liquids until four hours prior to your procedure.
- ✓ Hold all insulin and diabetic medications morning of procedure.
- ✓ Hold diuretics (HCTZ/furosemide) morning of procedure.
- ✓ Continue all other medications.
- ✓ Make sure that you arrive for your appointment on time.

### Questions?

**Consult the Frequently Asked Questions sheet first.** If you still have questions, call the Gastroenterology Center's main office at (203) 281-4463

Date of Colonoscopy \_\_\_\_\_

Location \_\_\_\_\_

Arrival Time \_\_\_\_\_

### Remember, your appointment will be rescheduled if:

- ✓ **You have food or drink on the day of your colonoscopy.**
- ✓ **You do not follow the preparation instructions.**
- ✓ **You do not arrive for your appointment on time.**
- ✓ **You do not have a ride home.** Medications will be given to you at the time of your colonoscopy that will impair your judgment and reflexes. You will not be able to drive yourself, and you will only be able to use a taxi or bus service if you have a responsible adult to accompany you.
- ✓ **You have a change in your health insurance coverage.** Your new plan may require us to obtain authorization before performing your colonoscopy, a process that can take some time. Please notify us of any changes to your insurance immediately.

## Procedure Locations

- Endoscopy Center of Connecticut  
Spring Glen Medical Center  
2200 Whitney Ave, Ste 380  
Hamden, CT  
(203) 281-3636
- Guilford Endoscopy Center  
Sound Medical Center  
1591 Boston Post Rd, Ste 206  
Guilford, CT  
(203) 458-4463
- Hospital of Saint Raphael  
Digestive Disease Center  
Celentano Building, 2<sup>nd</sup> Floor  
1450 Chapel St  
New Haven, CT  
(203) 789-3273
- Yale-New Haven Hospital  
GI Procedure Center  
789 Howard Ave  
New Haven, CT  
(203) 688-5458  
*Register at the Office of  
Professional Services on the first  
floor. Then take Elevator C to the  
third floor of the Clinic Building.*
- Milford Hospital  
Diagnostic Treatment Center  
300 Seaside Ave  
Milford, CT  
(203) 876-4652  
*Register at the Registration Desk,  
then proceed across the hall.*
- Mid-State Medical Center  
Digestive Health Center, Pavilion D  
435 Lewis Ave, Meriden, CT  
(203) 694-8314
- Temple Surgical Center  
(with anesthesia)  
40 Temple St, 4<sup>th</sup> Floor  
New Haven, CT  
(203) 688-4060
- Temple Surgical Center  
(without anesthesia)  
60 Temple St, 2<sup>nd</sup> Floor  
New Haven, CT  
(203) 688-6008