

Tips for Colonoscopy



You can do this! And we're here to help.

Please be sure you have a ride! We cannot sedate you if you don't have a ride (and we will confirm this when you arrive). You need someone to go with you even if you take a taxi home.

An intake nurse will call you before the procedure to go over any questions or special situations, such as if you take:

- Diabetes pills or insulin
- Blood thinners, like Coumadin/Warfarin or Plavix.
- Weight loss drugs or stimulants
- Pain medications, such as narcotics
- Sleeping pills or anxiety medications, such as benzos
- If you have a heart valve, pacemaker, or defibrillator
- If you are pregnant or are breastfeeding.

What to avoid 5 days before your colonoscopy

- Iron supplements or fish oil*
 - Corn, nuts, seeds, or popcorn*
 - Foods containing Olestra (Wow potato chips, Pringles)*
- DO NOT stop blood pressure meds or aspirin unless told to.

** Don't worry if you missed this. We won't cancel your procedure!*

What is a clear liquid?

Anything you can see through (No red, blue, or purple please):

- Chicken, beef or vegetable broth or bouillon cubes
- Crystal Light, sparkling water, or sports drinks
- Jello, Popsicles (without fruit), Italian ice
- Apple, white cranberry, or white grape juice
- Ginger-Ale, 7-Up, Sierra Mist
- Tea or coffee without milk/cream

If you get bloated, slow down and try walking.

Sip the prep through a straw or put it on ice.

Sucking on hard candies can help with the taste.

Dab, don't wipe to avoid irritation.

If the prep isn't working well (your BMs aren't clear), you can get a 10oz bottle of Magnesium Citrate (rarely needed).

If you are still not clear, call the office after 7am (we can always push back your procedure.)

Do the best you can. We'll take care of the rest!

Single Day MOM Prep

Date: _____ Arrival Time: _____ Procedure Time: _____

Buy before the procedure:

2 bottles of Milk of Magnesia (12 ounces, any brand), 1 package of Dulcolax stimulant laxatives (14 pills, not the stool softeners), 1 small package of Gax-X (Simethicone 125mg), at least 3 tablets. Any sports drink (64 ounces)

2 Days
before

1

Take 2 tablespoons of MOM at bedtime.

Before 10am
1 Day before

2

You can have a light breakfast before 10am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits and veggies. Clear liquids only after 10am.

2pm, 5pm, & 8pm
1 Day before

3

Take 4 tablespoons of Milk of Magnesia and 2 Dulcolax tablets. Drink 1 glass of water or clear liquid each hour while awake.

5 hours before
procedure

4

Take 4 tablespoons of MOM and 2 Dulcolax tablets and 3 chewable Gas-X tablets. Drink at least 1 glass of water or clear liquid every hour.

4 hours before
procedure

5

Do not drink any liquids 4 hours before your procedure (except any pills with a few sips of water if needed).

Two Day MOM Prep

Date: _____ Arrival Time: _____ Procedure Time: _____

Buy before the procedure:

2 bottles of Milk of Magnesia (12 ounces, any brand), 1 package of Dulcolax stimulant laxatives (14 pills, not the stool softeners), 1 small package of Gax-X (Simethicone 125mg), at least 3 tablets. Any sports drink (64 ounces).

3 Days
before

1

Take 2 tablespoons of MOM at bedtime.

Before 10am
2 Day before

2

You can have a light breakfast before 10am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits and veggies. Stay on “full liquids” for the day (pudding, yogurt, soup, ice cream allowed).

2pm, 5pm, & 8pm
2 Days before

3

Take 4 tablespoons of MOM and 2 Dulcolax tablets. Drink at least 1 glass of water or clear liquid every hour.

2pm, 5pm, & 8pm
1 Day before

4

Take 4 tablespoons of MOM and 2 Dulcolax tablets. Drink at least 1 glass of water every hour. Stay on “clear liquids” after 10am (no more pudding, yogurt, soup, or ice cream now... clear liquids only!)

5 hours before
procedure

5

Take 4 tablespoons of MOM and 2 Dulcolax tablets and 3 chewable Gas-X tablets. Drink at least 1 glass of water or clear liquid every hour.

4 hours before
procedure

6

Do not drink any liquids 4 hours before your procedure (except any pills with a few sips of water if needed).

Single Day Miralax Prep

Date: _____ Arrival Time: _____ Procedure Time: _____

Buy before the procedure:

1 Bottle of Miralax (238 grams), 1 Bottle of Gatorade (or PowerAde or iced tea) (Avoid red, blue or purple), 4 Dulcolax tablets (not the stool softener), 1 small package of Gax-X (Simethicone 125mg), at least 3 tablets.

Day
before

1

Mix the bottle of Miralax powder in 64 oz. of Gatorade (or Powerade). Shake well and refrigerate.

Before 10am
Day before

2

You can have a light breakfast before 10am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits and veggies. Clear liquids only after 10am.

12pm
Day before

3

Take 2 Dulcolax tablets with 8 oz. of water. Drink 1 glass of water every hour.

5pm
Day before

4

Drink 1 glass of the MiraLAX/Gatorade solution and 1 glass of water every 15 minutes until you have finished the first half of the 64oz bottle. Continue drinking 1 glass of water or clear liquid every hour.

7pm
Day before

5

Take 2 Dulcolax tablets and 3 Chewable Gas-X Tablets. Continue drinking 1 glass of water or clear liquid every hour while awake.

5 hrs before
procedure

6


Drink 1 glass of the MiraLAX/Gatorade solution and 1 glass of water every 15 minutes until you have finished the second half of the 64oz bottle. Do not drink any liquids 4 hours before your procedure (except any pills with a few sips of water if needed).


Two Day Miralax Prep


Date: _____ Arrival Time: _____ Procedure Time: _____


Buy before the procedure:


2 Bottles of Miralax (238 grams each), 2 Bottles of Gatorade (64oz each) (or PowerAde, avoid red, blue or purple), 4 Dulcolax tablets (not the stool softener), 1 small package of Gax-X (Simethicone 125mg), at least 3 tablets.


2 Days before  Mix the bottle of Miralax powder in 64 oz. of Gatorade (or Powerade). Shake well and refrigerate. You can have a light breakfast before 10am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits and veggies.


Noon
2 Days before  Take 2 Dulcolax tablets and a glass of water. Stay on “full liquids” (pudding, yogurt, soup, ice cream). Drink 1 glass of water or clear liquid every hour while awake.

5pm
2 Days before  Drink 1 glass of the MiraLAX/Gatorade solution and 1 glass of water every 15 minutes until you have finished the entire first bottle (64oz). Take 2 Dulcolax at bedtime.

10am-noon
Day before  Stay on “clear liquids” after 10am (no more pudding, yogurt, soup, or ice cream now... clear liquids only!) Take 2 Dulcolax tablets at noon and continue drinking 1 glass of water or clear liquid every hour while awake.

5pm
Day before  Drink 1 glass of the MiraLAX/Gatorade solution and 1 glass of water every 15 minutes until you have finished half of the 2nd bottle (32oz). Put the rest in the fridge.

7pm
Day before  Take 2 Dulcolax tablets and 3 chewable Gas-X. Continue drinking 1 glass of water or clear liquid every hour while awake.

5 hours before
procedure  Drink the remaining half of the 2nd bottle of the MiraLAX/Gatorade solution (32oz). Do not drink any liquids 4 hours before your procedure (pills are okay with a few sips of water).

Multi-Day Miralax/Golytely Prep

Date: _____ Arrival Time: _____ Procedure Time: _____

Pick up before the procedure:

1 bottle of Golytely (Rx), 1 bottle of Miralax, 2 Gatorades (64oz) (or PowerAde, avoid red, blue or purple), 4 Dulcolax tablets (not the stool softener), 1 small package of Gax-X (Simethicone 125mg), at least 3 tablets.

- 5, 4, 3, & 2
Days before

1

Mix the 2 capfuls of Miralax powder in 32oz. of Gatorade (or Powerade) each day for 4 days before the procedure.
- Before 10am
Day before

2

You can have a light breakfast before 10am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits and veggies. Take 2 Dulcolax tablets and a glass of water at 10am. Clear liquids only after 10am.
- 4pm
Day before

3

Start drinking 1 glass of Golytely/Nulytely every 15 minutes until you have finished half of the container. If you get nauseated or bloated, stop drinking and lay on your right side until symptoms are relieved.
- 7pm or 5 hours
before the
procedure

4

Drink 1 glass of Golytely/Nulytely every 15 minutes until you have finished the second half of the container. Take 3 Gas-X tablets.
- 4 hours
before the
procedure

5

Do not drink any liquids 4 hours before your procedure (except any pills with a few sips of water if needed).

Suprep Instructions

Date: _____ Arrival Time: _____ Procedure Time: _____

Pick up Suprep from your pharmacy!

For your own comfort, consider also buying:

A small package of Gax-X (Simethicone 125mg) and soft wipes

Morning
before

1

You can have a light breakfast before 10am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits and veggies.

5pm
Day before

2

Pour 1 bottle of Suprep liquid into the mixing container. Add cool water to the 16-ounce line. Drink the whole container.

6pm
Day before

3

Drink 2 glasses of water, then 1 glass of water or clear liquids every hour while awake

5 hrs before
procedure

4

Repeat step 2: Pour 1 bottle of Suprep liquid into the mixing container, add cool water to the 16-ounce line, and drink the whole container.

4 hrs before
procedure

5

Do not drink any liquids 4 hours before your procedure (except any pills with a few sips of water if needed).

Golytely/Nulytely Prep

Date: _____ Arrival Time: _____ Procedure Time: _____

Pick up Golytely/Nulytely from your pharmacy!

For your own comfort, consider also buying:

A small package of Gax-X (Simethicone 125mg) and soft wipes

Day
before

1

Mix up the Golytely/Nulytely prep as instructed, filling the container to the fill line with cool water and refrigerate.

10am Day
before

2

You can have a light breakfast before 10am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits and veggies. Clear liquids only after 10am.

4pm
Day before

3

Start drinking 1 glass of Golytely/Nulytely every 15 minutes until you have finished half of the container. If you get nauseated, stop drinking and lay on your right side until better. Drink 1 glass of water or clear liquid every hour while awake.

7pm or 5 hours
before the
procedure

4

Drink 1 glass of Golytely/Nulytely every 15 minutes until you have finished the second half of the container. Take 3 Gas-X tablets.


Day of
Procedure


5


Do not drink any liquids 4 hours before your procedure (except any pills with a few sips of water if needed).

Sigmoidoscopy Instructions

Date: _____ Arrival Time: _____ Procedure Time: _____

Day before  1 No food after midnight. Clear liquids only.

Day of Procedure  2 Take 2 fleet enemas 2-4 hours before your procedure.

Day of Procedure  3 Stop drinking 4 hours before your procedure. You can take any pills with a few sips of water if needed.


What to Expect:


On the day of the exam, you will be given medicine through an IV that will keep you comfortable during the exam. **You may NOT drive until the next day. You MUST have a driver or someone to ride with you in a taxi or bus.** Your stay with us will be 2-3 hours total. If you do not have a driver or companion, your procedure will be cancelled.


You will receive a call from our intake department before your procedure to review medical information with you. Please complete any enclosed forms as soon as possible and return to 155 Fore River Parkway, Portland, ME 04102.

Upper Endoscopy Instructions

Date: _____ Arrival Time: _____ Procedure Time: _____

Day before  No food after midnight. Clear liquids only.

Day of Procedure  Stop drinking 4 hours before your procedure.

12pm Day before  You can take any pills with a few sips of water if needed.

What to Expect:

You have been scheduled for an esophagogastroduodenoscopy (EGD). The doctor will look at your esophagus (food pipe), stomach and the beginning of the small bowel.

On the day of the exam, you will be given medicine through an IV that will keep you comfortable during the exam. **You may NOT drive until the next day. You MUST have a driver or someone to ride with you in a taxi or bus.** Your stay with us will be 2-3 hours total. If you do not have a driver or companion, your procedure will be cancelled.

You will receive a call from our intake department before your procedure to review medical information with you. Please complete any enclosed forms as soon as possible and return to 155 Fore River Parkway, Portland, ME 04102.