

Medication Instructions



For your safety, please follow instruction given by your care provider for any medications that you may need to stop taking before your procedure. Please take the following medication(s) with a sip of water on the morning of your procedure:

Directions

Northern Light Seabasticook Valley
447 North Main Street, Pittsfield

From I-95:

1. Take Exit #150.
2. Turn onto Somerset Avenue (right if traveling from the south; left if traveling from the north) and drive about one mile until you reach the intersection with Main Street.
3. Turn left at the light onto Main Street. Continue on Main Street (Route 100 North) up Grove Hill.
4. At the top of Grove Hill, the hospital entrance is on the right.

Northern Light Surgery

Day Surgery Phone:

487.4054, Monday-Friday, 7 am - 3:30 pm

Hospital Main Phone: 487.4000

northernlighthealth.org/Seabasticook

Preparing for your colonoscopy

Name:

Colonoscopy date:

We will call you 1 - 2 days before your colonoscopy with an arrival time: _____



Northern Light

Seabasticook Valley Hospital

You're having a colonoscopy. Here's what you need to know.

A colonoscopy is a proven way to prevent colorectal cancer. At Northern Light Sebecook Valley Hospital, we're here to help guide you through this process every step of the way to make it easy and understandable.

What is a colonoscopy?

A colonoscopy is an examination of your colon's lining using a colonoscope. It allows your physician to see if there are any growths (polyps) or abnormalities that could be removed for closer examination..

How do I prepare?

Go to the pharmacy and purchase Miralax (238 gram bottle) and a package of Dulcolax tablets (4 pills are needed). Generic brands are fine to use.

On the day **BEFORE** your colonoscopy:

1. **DO NOT EAT SOLID FOOD!** Only clear fluids.
2. Mix Miralax powder (238 gram bottle) with 1/2 gallon (64 ounces) of Gatorade (or similar electrolyte sport drink). Any flavor is fine.
3. At noon time on the day before your procedure, begin to drink an 8 ounce glass of the Miralax/Gatorade mixture every 20-30 minutes until entire solution is gone.
4. At 1 pm take 2 Dulcolax tablets.
5. At 5 pm take 2 Dulcolax tablets.

You may drink all of the additional clear liquids you want (see list below) after finishing the Miralax/Gatorade mixture.

DO NOT EAT or DRINK AFTER MIDNIGHT!

Important Reminders

- You must drink all the Miralax/Gatorade mixture to ensure your colon is completely clear for a safe and accurate inspection.
- The procedure will be postponed or canceled if you arrive having eaten or had anything to drink after midnight.
- You must have a responsible adult to drive you home and monitor you for 24 hours after being given intravenous anesthesia.
- You will essentially be asleep for the procedure with the Nurse Anesthetist's expert care.

What are Clear Liquids?

- Water
- Black coffee or tea (no cream/milk)
- Cola, root beer, Sprite, ginger ale
- Fruit juice without pulp (apple juice, cranberry, grape)
- Popsicles, Italian ice, Jell-O
- Clear broth (chicken, beef)

Please call Day Surgery with any questions:

Monday - Friday, 7 am - 3:30 pm

207.487.4054

