

Centralia Specialty Center

Steck Medical Group
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COLONOSCOPY PREPARATION INSTRUCTIONS

Place: Providence Centralia Hospital – **Outpatient Surgery**
914 S Schueber Road, Centralia, WA 98531

Date/Time: _____ / ____ / ____

Check-in Time: _____:_____ AM/PM

Please follow the directions carefully:

Medications Needed: Purchase (from pharmacy self) 4 Bisacodyl Tablets, One Bottle of Miralax (283 gram), and clear liquids of your choice.

Now: Arrange for a driver to take you home after the exam, as you will be under the influence of a medication and legally unsafe to drive. The exam takes approximately 1.5 hours to complete.

1 Week Prior: Do Not Take Aspirin until after the exam.

2 Days Prior: Do Not Take Coumadin, Plavix, Pradaxa, Xarelto or Iron until after the exam.

1 Day Prior to Exam: No Solid Food or Coffee today or tomorrow until after the exam. Drink plenty of clear liquids: Non-Red/Orange Gatorade, Non-Red/Orange Jello, Plain Broth, Tea, Clear Juices (Apple or White Grape), or clear soda (7-Up, Squirt) and Water.

- **At 10:00 AM** – Take 4 Bisacodyl Tablets
- **At 1:00 PM** – Begin drinking 8 ounce glasses of Clear Gatorade or Crystal Light or Water, each with 1-1/2 capfuls of Miralax powder dissolved in them. It will take about 8 glasses. Stay close to a toilet. Drink as much of the bottle of Miralax as possible throughout the afternoon and evening (about 1 glass every 45 minutes). **Slow down or stop if you become nauseated.** It may be helpful to apply Vaseline to the anal area to prevent skin irritation.
- **For Diabetics** – Do Not Take any Diabetic Medications, including Insulin, until after the exam. Monitor your Blood Sugar Levels and call our office if you have any questions or concerns.

The Day of Exam: No Solid Food or Coffee. Do Not take any of your Routine Medications until after the exam. Continue drinking clear liquids of your choice to prevent dehydration.

it. **2 Hours Before Exam:** Stop Drinking All Liquids. Take nothing by mouth until after the exam.

The Exam: A Colonoscopy is a highly effective exam for screening and preventing colon cancer. A flexible scope is passed through the colon (large intestine) in order to look for abnormal growths, called polyps. If any are found, they will be removed and destroyed with cautery. You will be given medications to relax you and relieve any cramping sensations or discomfort you may have. Please wear a short-sleeved shirt for easy access for IV insertion.

- Check in 30 minutes prior to the exam at Providence Outpatient Surgery.

After the Exam: You will be alert but still under the influence of medications, therefore, do not drive or operate machinery for the rest of the day.

Signature: _____ DOB: _____ Date: _____

***For any questions or concerns, or if you need to rescheduled, please contact our office at (360) 736-1965 or (360) 736-0134. Please give 48 hours' notice if you cancel the exam appointment. **If you cancel the exam appointment with less than 48 hours' notice, a rescheduling fee may apply.**