



Procedure Reminders

Colonoscopy/Flexible Sigmoidoscopy

Your Appointment

Appointment Date: _____ **Arrival Time:** _____

Your arrival time is 45 minutes prior to your procedure time. This allows time for check-in, health history review, and pre-procedure evaluation. Please be aware that we may contact you in the days leading up to your procedure, as your arrival time may be subject to change.

Reminders About Your Appointment

Please follow all instructions carefully, as improper preparation may result in your procedure being rescheduled.

- **Transportation:** Due to the sedation you will receive, someone at least 18 years of age MUST bring you to your appointment and drive you home afterwards. A taxi, bus, Uber, Lyft, or similar service is NOT an acceptable form of transportation. If you arrive without a driver, your procedure will be rescheduled. If you have questions about whether a method of transportation is acceptable, please contact our office at the number listed below.
- **Alcohol Consumption:** Do not consume any alcohol during the course of your procedure preparation.
- **Jewelry:** Please leave all jewelry and other valuables at home or with your driver, as we do not provide a secure area for these items.
- **Questions?** Contact our office at **(336) 448-2427 (option 6, then option 2)** if you have any questions about your prep or if there are any changes in your medical history between the day of scheduling and the appointment date.

Reminders About Medications

If you are taking medication on a regular basis:

- Take all necessary medications at least 4 hours prior to your arrival time.
- **Diabetes:** Please contact the prescribing physician regarding instructions for injectable diabetic medication the day before and the day of the procedure. **DO NOT TAKE oral diabetic medication** the day of the procedure.
- **Blood Pressure:** DO NOT SKIP any doses of your blood pressure medication.
- **Iron:** STOP taking iron 5 days before your procedure.
- **Inhalers and Nebulizers:** May be used up to the time of your procedure.
- **Blood Thinners:** Please contact the physician who prescribes this medication for you to make sure it is okay to stop taking it for the recommended time (listed below) prior to your procedure. You may remain on aspirin unless otherwise instructed.

Aggrenox/Plavix: 5-7 days

Brilinta/Coumadin/Jantoven: 5 days

Effient: 7 days

Eliquis: 48 hours

Pletal/Persantine: 48 hours

Pradaxa: 48 hours

Savaysa: 1-3 days

Xarelto: 24-48 hours

If you are on a blood thinner that is not listed, please contact the prescribing physician for instructions.



Standard Miralax Colonoscopy Preparation Instructions

Items to Purchase

- Three Dulcolax (Bisacodyl) 5mg oral laxative tablets
- One 238-gram bottle of Miralax powder (polyethylene glycol 3350)
- One 119-gram bottle of Miralax powder (polyethylene glycol 3350)
- Your choice of one of the following clear fluids (NO RED):
 - Option 1: Hydralyte drink mix with 96 ounces of water (view hydralyte.com/where-to-buy for retailers)
 - Option 2: 96 ounces of Gatorade or Powerade (or three 32-ounce bottles)
 - Option 3: Crystal Light powdered drink mix with 96 ounces of water
 - Option 4: 96 ounces of Propel or Vitamin Water
 - Option 5: 96 ounces of Apple or White Grape Juice

2 Days Before Procedure

- ✓ Eat a well-balanced diet. Avoid whole grain foods, nuts, seeds, popcorn, raw or dried fruits and vegetables, and salads. No solid food after midnight.

Day Before Procedure Beginning at 12:01am

- ✓ Begin a clear liquid diet. **DO NOT drink anything red in color OR dairy products.**
Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.
- ✓ Mix **both** bottles of the Miralax powder (totaling 357 grams) into the drink solution until dissolved. Chill in the refrigerator.
- ✓ **3:00 pm:** Take two Dulcolax 5mg tablets with water.
- ✓ **5:00 pm:** Begin drinking Miralax solution. Take nine 8-oz cups of Miralax over the next 2-3 hours.
 - If you become nauseated, stop for 45 minutes then resume. Do not try to drink the solution too quickly.
 - If you become chilled, try drinking the solution at room temperature or you may drink heated broth, tea, or coffee.

Day of Procedure

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Take one Dulcolax 5mg oral tablet and drink the remainder of the Miralax solution over the next two hours.
- ✓ **4 hours prior to arrival time:** Take any necessary medications. You should be finished drinking the Miralax solution.
- ✓ **ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME!** (This includes water.)