

# Maine Medical

## PARTNERS

### Surgical Care Casco Bay

## Colonoscopy Prep

**Location:** Brighton Medical Center, 335 Brighton Ave, Portland ME 04102

**Date:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

**Goal of Colon Preparation:** To clean out your large intestine of all solid material. This allows us to do a faster, easier, more thorough examination which lessens the chance of us missing a lesion or you having to repeat the procedure.

**Five Days Prior to Examination:** Continue taking all of your other usual medications unless instructed otherwise. You will need purchase the following items:

- \_\_\_\_\_ Four Dulcolax (Bisacodyl) tablets (over-the-counter).
- \_\_\_\_\_ 238g bottle of Miralax (over-the-counter).
- \_\_\_\_\_ 64 oz. bottle of Gatorade, any color except red, blue, or purple.

**The Day Prior to Examination:** Begin a clear liquid diet after a light breakfast eaten before 7:00 AM. Clear liquids include water, strained juice with no pulp, broth, coffee, tea, sodas and carbonated beverages, Jello and popsicles. **Do not** eat or drink milk or milk products, alcohol, red, blue or purple Jello or popsicles as the red dyes may look as though you are having bleeding, when you are not. Follow the instructions below the afternoon prior to your procedure:

1. At 12:00 noon take 4 Dulcolax tablets.
2. After first bowel movement or a maximum of 6 hours, mix the 238g bottle of Miralax with 64 oz. of Gatorade, making sure all the Miralax is dissolved. Drink until the mixture is entirely gone, preferably within an hour. Continue drinking clear liquids until bedtime.

**The Day of Procedure:** Take your daily medications, such as blood pressure and heart medications with a sip of water the morning of your procedure. If your procedure is in the afternoon, you may have clear liquids until 4 hours before your appointment. You will receive intravenous sedation for the procedure, so plan to bring a family member or friend to drive you home afterwards.

**Colonoscopy Rescheduling:** Due to our waiting list for colonoscopies and the preparation involved for the procedure we strongly request a minimum of 5 days notification when canceling. This will allow us to clear the schedule with the faculty where your colonoscopy is scheduled and allow someone else to occupy that time frame.

If you have any questions, please do not hesitate to contact our office at (207) 761-6642.