

**HOW TO PREPARE FOR YOUR UPCOMING COLONOSCOPY:**

Check in at Bozeman Clinic for your procedure on \_\_\_\_\_ at **7:30 AM**. (Please disregard the time on the automated messages as it differs from what is listed here.)

Arrange a ride. You must have a responsible driver ready to pick you up after your procedure or it will be rescheduled. Approximate time your driver will need to pick you up: 9:00 AM.

Call your insurance and see if the below CPT codes require prior authorization:

45378—Colonoscopy, 45380—Colonoscopy w/ biopsy, 45385—Colonoscopy w/polyp removal, 43239—EGD(if applicable)

**PURCHASE THESE OTC (over-the-counter) PREP ITEMS and start preparing 1 WEEK in advance:**

**\*One 8.3 OZ (238 gram) BOTTLE of MiraLAX (generic polyethylene glycol is OK)**

**\* 4 DULCOLAX (Bisacodyl 5 mg) TABLETS (please purchase the Laxative NOT the Stool Softener)**

**\*64 oz. SPORTS DRINK OR CLEAR LIQUID OF YOUR CHOICE (NO RED OR PURPLE) plus more for drinking throughout the day on prep day**

\* 1 WEEK before the procedure, **AVOID** aspirin, fish oil/Omega 3, Ginko, Turmeric, & all NSAIDS (including ibuprofen, naproxen, celecoxib, etc.) and stay well hydrated in the week leading up to your procedure. Tylenol is OK.

\* 3 DAYS before the procedure start a low fiber diet excluding beans, corn, seeds, nuts and raw fruits and veggies with peels or seeds. Please notify the nurse if you tend to be constipated or take daily narcotic pain medications or a GLP-1.

**DAY before Procedure:**

**BEGIN A CLEAR LIQUID DIET**, you will not be able to eat solid foods until after your procedure. **NO** dairy, artificial red, purple, or orange dye products. You can have plain water, clear sodas, sports drinks, broth, juices without pulp, tea or coffee (sugar is OK, NO cream) and please limit to one or two caffeinated beverages. Gelatin without fruit, ice pops without fruit, no-pulp lemonade are all OK.

Mix the ENTIRE bottle of MiraLAX with 64 oz of clear liquid/sports drink or split into two 32oz mixes with different flavors for variation, then refrigerate the mixture if you prefer to have your drinks cold.

**At 3:00pm: Take 4 Dulcolax (bisacodyl) tablets.** Continue to drink clear fluids throughout the afternoon.

**At 5:00pm: Begin drinking the 1<sup>st</sup> half of the liquid laxative (approximately 4 oz. MiraLAX/32 Oz. clear liquid mixture).**

Drink 8 OZ every 10-20 minutes. There may be a delay before it starts to work.

If you develop nausea, stop drinking prep for 30 minutes and resume slowly. If you vomit, stop, then resume in one hour and push back the start time of the second half by 1 hour.

**At 7:00pm: Begin drinking the 2<sup>nd</sup> half of the liquid laxative (approximately 4 oz. MiraLAX/32 oz. clear liquid mixture).**

Drink 8 OZ every 10-20 minutes and finish within 2 hours.

Continue to drink clear fluids all night to help the prep work optimally and maintain hydration.

**Procedure Day:**

**Nothing to eat or drink after 5:30 AM.** Wait until after your procedure to take daily medications unless otherwise directed by your provider. Park in front of the STAFF ENTRANCE (door is locked) and wait in your car until a nurse comes to let you in the building.

**\*\*Reminder: AVOID** Fish oil/Omega 3, Ginko, Turmeric, & all NSAIDs (anti-inflammatory meds), blood thinners, and Aspirin products for **1 week** prior to your scheduled procedure, unless otherwise directed by your provider.

Tylenol (acetaminophen) is OK!

If you have any questions or concerns, please feel free to call us at **(406)587-4242**. Thank you!