



Mina Elnemr, MD

COLONOSCOPY INSTRUCTIONS

****Hospital will call you with your arrival time****

Location of Procedure:

- () HCA South Tampa Hospital: 2901 W Swann Ave, Tampa, 33609 (813) 873-6400
- () Tampa Bay Endoscopy Center: 4809 N Armenia Ave #100, Tampa, 33603 (813) 658-5037
- () St Joseph's Hospital Main: 3001 W Dr Martin Luther King Jr Blvd, Tampa, 33614 (813) 870-4000

2 weeks before your procedure:

- If you are on Coumadin, Plavix, Xarelto, Eliquis, Brilinta or any blood thinners please contact the prescribing physician for a written clearance and/or instructions.
- If you are taking DIET PILLS or INJECTIONS, you must stop 14 days prior to your procedure.
- Medical Clearance: If you are asked to obtain any medical clearance, please have the clearance faxed to our office. Procedure may be cancelled if clearance is not received.

1 week before your procedure:

- No ASPIRIN products such as ADVIL, ALEVE, and IBUPROFEN for 7 days before your procedure. TYLENOL is okay.
- Stop all VITAMINS 7 days before your procedure.
- You can continue to take Baby Aspirin (81mg) unless recommended otherwise.
- Purchase the supplies you'll need to prepare for your colonoscopy. You can buy all of these over-the-counter. You do not need a prescription.
 - 4 (5 mg) tablets of bisacodyl (Dulcolax[®]).
 - 238 grams of polyethylene glycol (MiraLAX)
 - 64 ounces of a sports drink like Gatorade[®] or Powerade[®] of your choice **that is not red, purple, or orange.**
 - Simethicone tablet 125mg
- Stay on low fiber diet at least 3 days prior to the procedure. Avoid nuts, seeds, beans, corn and peas.

The day before your procedure:

- You will be on a clear liquid diet all day. **NO SOLID FOODS UNTIL AFTER YOUR PROCEDURE.**
- **DO NOT** eat or drink after midnight (12am)
- In the morning pour all 238 grams of the MiraLAX powder into an empty container. Pour in 64 ounces of a room temperature sports drinks. Mix the solution until the powder is dissolved. Place the MiraLAX in the refrigerator.
- Please drink large volumes of clear liquids throughout the day to avoid dehydration.
- **At 6:00 pm on the day before your procedure**, take 2 bisacodyl tablets by mouth with a glass of water. Start drinking the MiraLAX bowel preparation. Drink 1 (8-ounce) glass of the mixture

every 15 minutes for a total of 4 times until you have drunk half the MiraLAX. Save the rest of the MiraLAX in the refrigerator until the second half of your preparation

- **At 11:00 pm** take 2 bisacodyl tablets and start drinking the second half of the MiraLAX solution. Drink 1 (8-ounce) glass every 15 minutes until you finish the bottle. Take 2 Simethicone tablets.

The day of the procedure:

- On the day of your procedure, take ONLY heart, blood pressure, seizure and/or thyroid medications with a small sip of water at least six (4) hours before your procedure time.

Reminders:

- Inform your doctor if you've had a heart valve replacement, on blood thinning medication and/or insulin for control of diabetes.
- You MUST have someone drive you home from the procedure.

Examples of clear liquids:

- Water, tea, black coffee, sodas, clear broths, apple juice, white grape juice, cranberry juice, popsicles, slushies, Italian ice, Hi-C, Kool-Aid, Jell-O and hard candy.
- NO red, orange or purple
- Do NOT have: Milk, cream, pudding, fudgesicles, sherbet, fruit bars, fruit or fruit topping, cream soups, any juice containing pulp.

Notes:

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