

day of procedure

The morning of the procedure, do not eat, drink or smoke. High blood pressure and heart medications may be taken with a sip of water.

Please avoid make-up and nail polish the day of the procedure. Do not use perfumes or colognes.

the good news

After all this, your first regular meal should taste great!

where to go

- Ocean State Endoscopy
148 West River St., Suite 3
Providence, RI
- Miriam Hospital (Admitting)
164 Summit Avenue
Providence, RI
- St. Joseph's Fatima
200 High Service Avenue
North Providence, RI
(Fatima will send you instructions.)
- RI Hospital (Parking Lot-A)
593 Eddy St., Providence, RI
9-B Main Building
- Blackstone Valley Surgical Center
1526 Atwood Ave., Johnston, RI
3rd Floor

Date:

***Time:**

Please call us if you have questions.

*Please Note: Appointment time may change due to scheduling.

Colonoscopy

Preparation Instructions

Miralax Prep

Consultants in Gastroenterology

148 West River Street, Suite 3
Providence, Rhode Island 02904

☎ 401-421-6306

Fax: 401-453-0330

about this procedure

A flexible instrument will be passed through the rectum and into the colon. This lets us look at the lining of the colon. We can take a small sample of the tissue for further study. This is called a biopsy. If there is a small growth (polyp), it may be removed. Photographs may be taken.

After your clear liquid diet and laxatives, your digestive tract should be clean and empty.

You will receive medication to make you comfortable. You are not completely asleep; it is called “conscious sedation”. **You must bring someone who will drive you home after your procedure. You will be here approximately two hours. You will not be able to drive the entire day of the procedure.**

getting ready

Do not take **aspirin**, “**aspirin-like**” products i.e. motrin, advil or other medication with aspirin in it, for 7 days before your procedure. You may use Tylenol.

Do not take vitamins with **iron** or iron supplements for 7 days before your procedure. Do take all other regular medication. Please call the office if you are uncertain about any medications.

Notify the office one (1) week prior to procedure if:

- you are on **Coumadin** or **blood thinners**;
- you have an artificial heart valve, or
- you are a **diabetic** and take **insulin** or other diabetic medications.
- if you have **asthma** and use an inhaler please bring it with you.

NOTE: Please avoid roughage 3 days before procedure (i.e., corn, seeds, nuts, popcorn, tomatoes, cucumbers with seeds.)

If your insurance has changed, you must notify the office. Failure to do so, in some instances, may lead to non-coverage by your insurance.

day before procedure

Begin a clear liquid diet in the morning. Eat no more solids until after your procedure. Push clear liquids, drink a lot.

NO DIET DRINKS; DO NOT DRINK ANYTHING THAT IS RED, PURPLE OR ORANGE

- Clear liquids include strained fruit juices without pulp (apple, white grape, white cranberry, lemonade).
- Any flavor of clear-colored liquids which include Gatorade, Kool-Aid (fruit flavored drinks).
- Water.
- Coffee or tea (without milk or non-dairy creamer).
- Must Drink 3 cups of clear broth or bouillon by 12:00 noon.
- Carbonated and non-carbonated soft drinks.
- Plain jello (without added fruits or toppings)
- Ice popsicles.

Purchase at the pharmacy: (4) Dulcolax tablets, a 255 gram bottle of Miralax and 64 oz. of Gatorade or 64 oz. Lemonade

Laxative Prep:

1. At 3:00 p.m., take 4 Dulcolax tablets.
2. At 4:00 p.m. mix the 255 gram bottle of Miralax in 64 oz. of Gatorade or lemonade. Shake the solution until Miralax is dissolved. Drink 8 oz. glass of the Miralax mixture every 20 minutes until the solution is gone. Finish by 7:00 p.m.
3. Continue to drink liquids during the evening until bedtime. The more you drink the better the preparation will work and the better you will feel.

Do not eat, drink or smoke anything after midnight the night before your procedure.