



ADDITIONAL PRE-OP INSTRUCTIONS FOR COLONOSCOPY

After supper on Tuesday, you will need to start your clear liquid diet (see list below of foods you can eat) you will continue this diet until midnight on Wednesday.

Purchase a bottle of 238gram of Miralax and a box of Dulcolax at your local pharmacy.

On Wednesday: Mix $\frac{1}{2}$ of Miralax bottle in 20oz of water or Gatorade with two tabs of the Dulcolax drink that at 10:00am. Repeat it again at 4:00pm.

Do not eat or drink anything after midnight on Wednesday.

Clear Liquid Diet

- NO milk products or cream additives
- Water
- Coffee-no additives except sugar
- Popsicles
- Broth
- Juice
- Jello-do NOT add fruit
- Tea
- Pop
- Hard candies
- Gatorade

*******YOUR POPSICLES, JUICE AND JELLO CAN NOT BE RED*******

PRE-OP INSTRUCTIONS

Please check in at the Hospital front office at your scheduled time. Once you have checked in, we will do pre-operative care, including starting an intravenous site, giving medications, and doing paperwork. It allows time for the physician and

anesthetist to meet with you, and for us to answer any questions. We want to provide you with the best care possible.

THE FOLLOWING IS A LIST OF INSTRUCTIONS:

1. Do not eat or drink anything after midnight the night before your surgery
2. Take a shower the morning of your surgery
3. You will need to remove your contacts and/or dentures before surgery
4. We request you leave all valuables at home (jewelry, money, etc.)
5. Dress comfortable; wear loose fitting clothes
7. The anesthetist will meet with you the morning of your surgery to discuss any questions regarding any surgery
8. Due to the medication you will have during your surgery/procedure, you will need to make arrangements to have someone take you home
9. If you suddenly catch a cold or other ailment or suffer any changes in your physical condition, please notify the hospital and leave a message at Extension 185.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT YOUR PROCEDURE,
PLEASE FEEL FREE TO CALL HALEY, MANAGER OF OUTPATIENT AND
SURGICAL SERVICES, AT THE HOSPITAL AT (785)332-2104**