


Procedure General Instructions

Important: Read the following directions carefully. Failure to follow directions may result in the delay or cancellation of procedure for safety reasons.

- **ARRANGE** for a friend or relative **over the age of 18**, to drive you home after your procedure.
 - You will **NOT** be allowed to drive yourself home or use public transportation (taxi, bus, rideshare, mediride).
- You will receive **anesthesia**. After your procedure you **will NOT** be able to:
 - **Return to work, drive or use machinery, sign important documents or make important decisions, use alcohol or recreational street drugs for the rest of the day.**
- You may need to temporarily discontinue certain medications prior to your procedure.
 - If you are taking any **blood thinners, antidiabetic or weight loss medications**, please contact the GI clinic at 970-384-7510 for instructions on how to adjust these medications.
 - If you are diabetic using **insulin**, your medication may need to be adjusted. Please contact your PCP for directions.
- Do not start bowel prep if you have not received your cost estimate from Valley View and have financial concerns. Please contact Patient Financial Services at 970-384-6880 or pfsverification@vvh.org
- Make sure to stay hydrated during and after bowel prep.
- Do **NOT** drink anything **3 hours before** your procedure time.
 - Nothing by mouth
 - This includes: Ice, gum, chewing tobacco, and smoking.
- Arrive **1 hour and 15 minutes** prior to your procedure time and register at Valley View Hospital: 1906 Blake Ave, Glenwood Springs, CO.
 - If your procedure is scheduled in the **OR**
 - Day surgery will contact you the **day prior** to your procedure (between 3pm-5pm) with your procedure and check-in time.

If you need to reschedule your procedure, have questions about the prep instructions or medications, please call The Gastroenterology Clinic at 970-384-7510

MiraLAX / Gatorade / Magnesium Citrate

- You will need to purchase the following over the counter items from any store/pharmacy:
 - **Three 28oz bottles of Gatorade.**
 - **Three 4.1 oz bottles of MiraLAX powder.**
 - **One 10oz bottle of Magnesium Citrate.**
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- 1 day prior to procedure
 - Eat only a **CLEAR LIQUID DIET**.
 - A clear liquid diet consists only of liquids that you would be able to read a newspaper through.
 - This includes black coffee or tea (without milk or creamer), clear broth, juices without pulp, plain popsicles, clear soda, plain gelatin, plain or flavored water, sports drinks.
 - Do **NOT** consume any solid food, alcohol, dairy, juices with pulp, or any red or purple liquids.
 - How to use prep
 - Mix one bottle of MiraLAX into one bottle of Gatorade.
 - Repeat step above with second and third bottle.
 - For best taste, mix and refrigerate the prep solution at least 1 hour before drinking.
 - Drink the bottle of Magnesium Citrate at **4pm** the **day prior** to your colonoscopy.
 - Start drinking two bottles of MiraLAX / Gatorade mix between **5-6pm** the **night before** your colonoscopy.
 - Tip: Drink 10 oz every 10-15 minutes until finished.
 - Drink the third bottle of MiraLAX / Gatorade mix **5-6 hours before** your colonoscopy.
 - You should have your first loose stool or mild diarrhea about 1 hour after drinking your prep. You may have bloating or an upset stomach before the loose stools start.
 - If you develop nausea, drink the mixed solution at a slower pace.
 - A successful colon prep will cause you to have clear yellow liquid stools.
 - Do not take any medicine by mouth **within 1 hour** before you start drinking prep solution.