

**West Kentucky Surgical, Inc**  
**Dr. J Craig Dowdy**  
**Colonoscopy Preparation Instructions**

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**Procedure Location:** Murray Calloway County Hospital  
803 Popular Street  
Murray KY, 42071.

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**General Information:**

- Should you have any questions regarding your preparation or if you need to reschedule your appointment, please contact our office at 270-753-2444
- Please bring your insurance cards and a list of your medications. Please leave all jewelry, body piercings and valuables at home.

**Frequently Asked Questions:**

- If I feel nauseated and don't think I can drink more prep, what should I do?
  - It is very important that you drink the entire amount of the solution. You may take a break of 30 minutes and resume. You may also try drinking more slowly and/or use a straw.
- I have taken most of the solution without any results, what should I do?
  - Continue drinking the solution until it's completely gone. It can take up to 2 hours before you start to see results.
- My stools are loose and watery, do I still need to finish the solution?
  - Yes, it is very important to drink all of the solution.
- Can I have gum or hard candy before my procedure?
  - Yes
- Can I have the colonoscopy if I start my menstrual cycle?
  - Yes
- Can I take something if I have a headache?
  - Yes, Tylenol or Advil
- Can I use something other than Gatorade to mix the Miralax with?
  - Yes, as long as it is a CLEAR liquid
- Is it alright if I shower and brush my teeth before my procedure
  - Yes, please shower and brush your teeth prior to your procedure

## Preparing For Your Colonoscopy

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- Read the instructions in the pamphlet carefully a few days prior to your colonoscopy
- You will need an adult companion to drive you home following your scope
- The Pharmacist can help you with picking out the correct medications if you have questions.

### **Purchase:**

Dulcolax Laxative (Bisacodyl) – 4 tablets  
Miralax Powder – 238 grams  
Gatorade – 64oz; No red or purple

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### **The Day Prior to Your Colonoscopy – Please Read Carefully**

1. You are only able to drink CLEAR liquids. Clear liquids include:
  - a. Water, Gatorade, Tea, Coffee but no creamer, Chicken/Beef broth, Jell-O (no red, fruit, or toppings), any type soda, Cranberry/Apple/White Grape Juice.
2. At 12:00 noon the day before your exam, take 4 Dulcolax Laxative (Bisacodyl) tablets with 8 ounces of clear liquid.
3. Between 4:00pm and 6:00pm the day prior to your exam, mix the full 238 grams of Miralax powder with the 64oz of Gatorade. Shake the solution until completely dissolved.
4. Drink an 8oz glass of the solution every 10-15 minutes until it has all been consumed.
5. Drink at least 16 ounces of clear liquid following the prep solution.
6. You may continue to drink clear liquids up until 4 hours prior to your scheduled procedure.
7. Take your routine medication (including Aspirin and/or Plavix with a sip of water at their regular times.
8. Notify our office if you are taking COUMADIN or DIABETIC medication.
9. The day prior to your procedure it is important to drink lots of clear liquids.