

Gastromed Healthcare, PA

Colonoscopy Preparation Instructions- Miralax/Citrate 2 day Prep

Patient:

Procedure Date:

Time:

Please arrive one hour prior to exam time

1. Please purchase these items from the pharmacy: (all items are over the counter): 4 Dulcolax (Biscodyl) tablets, a 238 gram bottle of Miralax , 10oz bottle of Citrate Magnesia and 64oz bottle of Gatorade (**NO RED OR PURPLE**) or Crystal light with 64 ounces of water.

2. If you are on Insulin, take **HALF** the usual dosage the day before the procedure and **DO NOT** take any insulin the morning of the procedure. You can resume your regular dose of insulin when you are back your normal diet.

If you are on oral diabetic medication, **DO NOT** take pills the day before or the day of the procedure. You can resume pills after the procedure when you are back on your normal diet.

3. Follow the checked instructions if you are on blood thinners or aspirin products.

- _____ Hold Fish oil 5 days prior to procedure
- _____ Hold Aspirin for 5 days prior to procedure
- _____ Hold Plavix for 7 days prior to procedure
- _____ Hold Coumadin for 4 days prior to procedure
- _____ Hold ____ for ____ days prior to procedure

Please discuss your blood thinner medications with your cardiologist prior to the procedure

Two nights prior to the procedure at 7 pm drink 1 bottle of the Citrate Magnesia (10 oz) and start your clear liquid diet.

Day before your procedure

Soup: Clear broth or consomme

Sports drinks: Gatorade, PowerAde, Propel

Juices: White cranberry, white grape, apple, limeade, strained lemonade

Beverages: Kool-aid, carbonated beverages, tea (no milk)

Desserts: Italian ices, popsicles, Jello (no red or purple colors)

NO COFFEE, COLA OR MILK PRODUCTS

1. **Between 3pm-5pm** take 4 dulcolax tablets.
2. Mix the entire container of Miralax with 64oz of Gatorade and refrigerate.
3. **Between 4pm-8pm** begin drinking the Miralax/Gatorade solution 8oz every 15 minutes until complete.
4. Nothing to eat or drink after 11:00 pm the night before the procedure.

On the day of the procedure:

Take any heart or blood pressure medicine with just enough water to get it down (a few sips) 2-3 hours prior to leaving for the procedure

YOU MUST HAVE SOMEONE WITH YOU TO DRIVE YOU HOME AFTER YOUR PROCEDURE

EXPECT TO BE AT THE FACILITY FOR 3 TO 4 HOURS

Colonoscopy Preparation "Frequently Asked Questions"

Why avoid red liquids?

The red color can persist in the colon and potentially look like blood.

I feel like vomiting and don't think that I can drink anymore, what do I do?

It is important that you continue to drink the solution. Without a clean bowel the doctor will not be able to see inside of your colon to complete the examination. If you experience nausea wait 15 minutes and resume drinking slowly. If you do vomit wait 45 minutes and begin drinking the solution again. Try sipping the solution with a straw.

I drank a lot of the solution and I have not gone to the bathroom yet, what should I do ?

Keep drinking. Most people have bowel movement after an hour. Some patients may take 2 hours or longer.

Can I drink alcoholic beverages?

No, alcohol beverages prior to your procedure can cause dehydration.

What side effects may I expect?

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary and as the diarrhea develops symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep and can be remedied by increasing fluid intake.