

1 DAY COLONOSCOPY PREPARATION

MIRALAX/MAGNESIUM CITRATE/GATORADE

Date: _____ ARRIVAL Time: _____

*****Please check with your insurance on coverage before procedure. Every insurance is different, and you may need a referral or prior authorization*****

In Preparation:

1. Buy at any pharmacy:
 - a. 1 bottle of Miralax powder (8.3oz/238 grams)
 - b. 4 Dulcolax (Bisacodyl) Laxative - 5 mg tablets
 - c. Magnesium Citrate 10oz. bottle (**to be taken 4 hours prior to arrival time**)
 - d. 64 oz. Gatorade (NO RED or PURPLE)
2. Stop taking **iron** one week before the day of your procedure.
3. If you take a blood thinner, check with your primary doctor who prescribes it as to when you should stop your medicine. Typically, we like Coumadin or Warfarin, and Plavix to be stopped 5 days prior to procedure. Eliquis and Pradaxa are held 2 days prior to procedure. If you are on **Coumadin or Warfarin**, an INR will be needed at least two days prior (no earlier) to your procedure. Please have your doctor fax this to our office at 952-368-3801 or bring the result to your appointment. **If you choose, the INR can be performed in the Surgery Center the day of your procedure.**
4. Do not stop aspirin if you are taking it for blood thinning purposes. Otherwise, stop taking it one week prior to your procedure.
5. If you are diabetic, check with your primary care physician regarding medication or insulin and dietary directions/restrictions.

1 Day before your Procedure:

1. Begin Clear liquid diet

Examples of a Clear Liquid Diet:

- Water: drink at least 8 glasses of water during the day
 - Clear broth or bouillon
 - Gatorade®, Pedialyte® or PowerAde® (No red)
 - Carbonated and non-carbonated soft drinks (Sprite®, 7-Up®, Ginger ale)
 - Strained fruit juices without pulp (apple, white grape, white cranberry)
 - Jell-O®, popsicles, hard candy (No red)
 - No red liquids; No coffee; No alcohol; No dairy products
2. Mix the entire contents of Miralax powder with Gatorade and refrigerate.
 3. **12:00 NOON** Take the 4 Dulcolax tablets

4. **5:00 PM** Start drinking the Miralax/Gatorade prep at 5:00 PM. Drink an 8 oz. glass every 10-12 minutes. ****NO BROTH AFTER STARTING PREP****
5. You may feel bloating and nausea while taking the prep.
6. Be sure to take ALL of the prep. Your procedure will not be done if the prep is incomplete.
7. You will experience frequent loose bowel movements. They should stop around bedtime. Stool should be clear and light tan but not cloudy.
8. Continue clear liquids until bedtime. Do not eat or drink anything including water after midnight or 6 hours prior to **ARRIVAL** time (except for the magnesium citrate prep).

Day of Procedure:

1. Magnesium Citrate (10oz) must be taken **4 hours prior** to arrival time unless otherwise directed.
2. Arrive for your procedure at the scheduled **ARRIVAL** time. Bring a list of your current medications.
3. Your driver must stay until your procedure is done. You **CANNOT** drive a car or take a taxi or bus home. Your procedure will be cancelled and rescheduled for a later date if this is not prearranged.
4. You will be in recovery around 30 – 35 minutes. Expect to feel a little groggy after your procedure.
5. Plan at least 2-3 hours total for your procedure.

After you are home:

1. If you have a delicate digestive system you **MAY** want to eat lighter than normal for your first few hours after your procedure.
2. Possibly avoid greasy and/or spicy foods until after you put something lighter into your system.
3. Unless otherwise directed, you may resume eating normally.
4. Resume all medications as directed by your physician.

Please call us at 952-368-3800 for any questions before or after your procedure.

We will try our best to keep your scheduled time; however, there may be a situation when we may need to change your procedure time.