

COLONOSCOPY PREPARATION WITH MIRALAX

The facility will call you the day before to give you a time of arrival.

5 DAYS BEFORE YOUR PROCEDURE – DO NOT TAKE: Iron Pills or multi-vitamin. You may take all other medications unless otherwise instructed by your Physician. Do not eat popcorn, seeds or nuts five days before procedure

***If you take any type of blood thinner, (Aspirin 325 mg, Plavix, Coumadin, Effient, Pradaxa) we will contact your cardiologist and contact you with specific instructions. If you are taking 81 mg of Aspirin as a maintenance dose, you may continue to take this.** If you are unsure, please contact our office.

IF Instructed to do a 2 DAY Prep - TWO DAYS BEFORE THE PROCEDURE – BEGIN CLEAR LIQUID DIET Do Not Eat Any Solid Foods or Milk Products. You may have clear liquids all day, such as water, coffee (without milk), tea, carbonated beverages, apple juice, white grape juice, Jell-O, fruit flavored drinks and powders, clear broth, bullion, hard candy and Popsicles. (Avoid any red or purple food coloring.)

AT 7:00 PM DRINK ONE BOTTLE OF MAGNESIUM CITRATE (can be purchased without a prescription) then follow steps below

THE DAY BEFORE THE PROCEDURE - CLEAR LIQUIDS ONLY. Do Not Eat Any Solid Foods or Milk Products.

- 1. 8:00 AM** Take two Dulcolax tablets with 8 oz of water. (Dulcolax is an over the counter drug – you do not need a prescription for this, but it is listed on the prescription given)
- 2. At 2:00 - 4:00 PM** Mix the entire bottle of **Miralax** with 32 ounces of any clear liquid, such as Gatorade, Apple Juice, lemonade or water. Drink **slowly over a 2 hour period**. If this makes you nauseous, take Phenergan as needed.
- 3. 6:00 - 7:00 PM** Take two Dulcolax tablets with 8 oz of water.

DAY OF THE PROCEDURE: *3 hours before your procedure - Drink 1 bottle of Magnesium Citrate. Nothing to drink after this.* Leave all jewelry at home. Wear cotton socks and underclothes, a sports bra without metal. Please bring a list of all medications (name, dose, and how many times you take them) the day of the procedure.

- Please notify staff if you are a diabetic. **Do Not Take Oral Diabetic Medications or Insulin on the Morning of the exam. Bring diabetes medication with you.**
- If you are taking heart, seizure, blood pressure, or breathing medications please be sure to take them about 6 am with a sip of water. If you use Inhalers for breathing problems, please bring them with you to your procedure

You will be administered sedation to make your test more comfortable. The medication administered impairs thinking and mobility. **Please be accompanied by a responsible driver who can take you home. You will not be allowed to take a public convenience or to drive your own car. You should not drive a car, operate machinery, or ingest alcohol for 24 hours.**

If your procedure is scheduled with Lake Cumberland Surgery Center, please be advised Dr. Cook/Dr. Horn has an ownership interest in the center, as do most of the physicians that work there. Dr. Cook/Dr. Horn/Dr. Bryson have privileges at Lake Cumberland Regional Hospital and Somerset Surgery Center as well. Your procedure may be scheduled at either facility.