



Colonoscopy Procedure Instructions

Patient Instructions:

YOU WILL NEED:

- 4 Dulcolax Laxative Tablets
- 64 ounces of Gatorade or any liquid (no red or purple or milk)
- 238 gm bottle of Miralax
- 300 mL bottle of Magnesium Citrate

NO MEAT 3 DAYS BEFORE PROCEDURE (NO CHICKEN, BEEF, PORK OR FISH)

DAY BEFORE PROCEDURE:

You will mix the entire bottle of Miralax in the bottle of Gatorade or water. Refrigerate. Then, do the following:

- **Drink ONLY clear fluids ALL DAY – ABSOLUTELY NO SOLID FOOD**
- Clear fluids include: water, apple juice, tea, white grape juice, Sprite, 7-Up, ginger ale, lemon lime Gatorade, lemonade, chicken broth, Jell-O, coffee.
- **NO RED OR PURPLE type liquids, No Milk or Milk products, No solid foods.**
- Start Prep:
 - At 12:00 pm – take 2 Dulcolax tablets with a full glass of water..
 - At 2:00 pm – drink one 8 oz glass of Miralax/Gatorade. Repeat every 15 minutes until you have finished the 64 oz of liquid. (Approximately 1.5 to 2 hours).
 - At 6:00 pm – take the 2 remaining Dulcolax tablets with a full glass of water.
 - At 8 pm - drink the 300 mL bottle of magnesium citrate and then a full glass of water
 - **Drink plenty of clear liquids all day.**

THE DAY OF THE PROCEDURE:

- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT**
- If you are on any blood pressure medicine, take it at **5 AM** with a **SIP** of water. Bring any medicine bottles or inhalers to the procedure.
- **NO BLOOD THINNERS.** If you are taking Coumadin, stop taking it **THREE** days before. Stop all other blood thinners **FIVE** days before.
 - Blood thinners include: Plavix, Ticlid, Pentoxylone, Heparin, Lovenox, BC powder, Good's powder, Aspirin, Ibuprofen, Fish Oils, and Omega 3's.
- **Make sure you have someone to talk to the doctor and drive you home. You will be sedated. There are no exceptions. The procedure will be cancelled if you do not have someone to give you a ride home.**
- **DIABETICS – No insulin or oral medications** the morning of the procedure. Take **only half the dose** the day before the procedure.