

Colonoscopy Constipation Prep

Please read these instructions and follow them carefully. DO NOT FOLLOW the instructions provided in the packaging.

You will need to purchase the following items over-the-counter at any pharmacy:

1. One (1) 240 ml. bottle of Magnesium Citrate
2. Four (4) Bisacodyl or Dulcolax laxative tablets
3. One (1) 238 gram bottle of MiraLax
4. At least 64 oz. of water/sports drink/crystal light

6 days prior to procedure:

- **Do not** take any blood thinners such as Coumadin, Warfarin, or Plavix. Please check with your cardiologist or prescribing physician before discontinuing any prescribed medications.
- Stop taking *Aspirin* products, **vitamins with Iron** or Non-Steroidal Anti-Inflammatory medications (NSAIDS) such as: **Advil, Motrin, Aleve, Ibuprofen, Naprosyn, Celebrex, etc.**

3 days prior to procedure:

- Stop eating nuts, seeds and popcorn.
- Start drinking plenty of fluids today. Your body needs to stay hydrated to have a successful procedure.

2 days prior to procedure:

- Follow a low fiber/low residue diet today and continue drinking plenty of fluids. PLEASE AVOID RED, ORANGE, BLUE OR PURPLE ARTIFICIAL DYES.
- At **6 p.m.** drink one bottle of Magnesium Citrate. If you have Congestive Heart Failure or Kidney-Renal Failure do not drink it, call the physician's office.

1 day prior to procedure:

- Begin a clear liquid diet. No solid foods or dairy products.
- Clear liquid diet:
 - Fat-Free bouillon or broth

- Yellow, green or clear Jell-O or popsicles
- Tea and Coffee – **without milk or cream**
- Apple, Cranberry and Cran-Apple juice
- **STRAINED** lemonade, orange or grapefruit juice
- White Grape juice
- Carbonated beverages (Coke, Sprite, Pepsi, Ginger Ale)
- Artificial sweeteners, iodized salt, sugar, honey and hard candies are permitted

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- At **1 p.m.**, take two (2) Bisacodyl or Dulcolax laxative tablets with a glass of water.
- At **4 p.m.**, mix the 238 gram bottle of MiraLax with 64 oz. of water/sports drink/crystal light. Shake until MiraLax is dissolved.
- Immediately after mixing MiraLax begin drinking an 8 oz. glass of the mixture every 10-15 minutes until half of the mixture remains.
- At **8 p.m.**, take two (2) additional Bisacodyl/Dulcolax tablets with a glass of water.
- If you develop vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes longer. If vomiting persists, stop the preparation and call the office or physician on call.

Morning of the Procedure:

- **Six (6) hours** prior to procedure begin drinking remaining mixture of MiraLax. (THIS MAY MEAN YOU WILL NEED TO GET UP IN THE EARLY MORNING HOURS).
- Drink an 8 oz. glass of the mixture every **10-15 minutes** until mixture is gone.
- **DO NOT** drink or eat anything after finishing the mixture. If you drink or eat anything (this includes water) less than **four (4) hours of arrival time, your procedure maybe delayed and/or cancelled.**
- **Two (2) hours prior to arrival time** you may take medications for heart, breathing, or blood pressure the morning of procedure, with a sip of water. Other medications can be taken after your procedure.

Diabetics – avoid taking your oral medications the day of your procedure. If taking long acting insulin take half (½) the dose the morning of your procedure. Other forms of insulin should be taken after the procedure. If you are a diabetic and take insulin, you may want to adjust your dosage. Please check with your managing physician for exact directions concerning your insulin.