

COLONOSCOPY PREP # 1

MIRALAX/MAGNESIUM CITRATE SPLIT PREP

Please purchase the following at least two days prior to your procedure:

- 64 oz. Sports Drink (Propel/Gatorade/PowerAde/Smart Water/Crystal Light) *NOT RED, ORANGE, PURPLE, OR BERRY
- One (1) 238 gm (8.3 oz.) Bottle of Miralax (or its generic version)
- One (1) 10 oz. bottle of Magnesium Citrate- NOT RED!
- One (1) Fleet enema
- Two (2) Dulcolax tablets
- Two (2) Zantac 75 mg. tablets (over-the-counter)

Follow the prep instructions completely to ensure your colon is clean for your procedure. **A clean colon is necessary for a successful procedure. Polyps and other abnormalities may be missed if your colon is not adequately clean.

SEVEN DAYS PRIOR TO YOUR PROCEDURE:

- **For Patients Taking Daily Aspirin:**
 - *If you take a daily Aspirin prescribed by a Physician for a medical condition, you should continue to take your Aspirin until the day of the procedure unless otherwise instructed by your Physician.*
 - *If you are taking Aspirin on your own accord (self-prescribed for “general Cardio-Protection” and not prescribed by a Physician for treatment of a medical condition), you should STOP taking your Aspirin 7 days prior to your procedure.*
- **STOP the following medications 7 days before your procedure.** These medications can thin your blood or cause constipation: Ibuprofen (Advil, Motrin) Naproxen (Naprosyn, Aleve), Meloxicam (Mobic), Multivitamins with Iron, Iron Supplements, and Fish Oil (Krill Oil, Lovaza, Vasecpa)

THREE DAYS BEFORE THE PROCEDURE:

Stop eating corn, tomatoes, cucumbers, nuts, popcorn, or any other food item with seeds.

THIRTY-SIX HOURS PRIOR TO YOUR PROCEDURE-

Do not consume alcohol or recreational drugs.

THE DAY BEFORE YOUR PROCEDURE PRIOR TO 3:00 PM:

- Prepare the Miralax/Sports drink solution: Mix the bottle of Miralax powder (238 gm) in 64 oz. sports drink of your choice. (**Avoid RED, ORANGE, PURPLE, OR BERRY color**) Shake well and refrigerate.
- Follow a **LOW RESIDUE DIET UNTIL 3 PM** (as listed in the box below) **and drink plenty of clear fluids** (liquids you can see through) throughout the day.

Low Residue Breakfast: milk, eggs, Juice without pulp, plain yogurt, ripe bananas, or corn flakes

Low Residue Lunch: white bread, creamy peanut butter, jelly without seeds, saltine crackers, smooth applesauce, canned peaches, plain yogurt, or ripe bananas*

***No grain breads, nuts, meats, chunky peanut butter, yogurt with fruit or additives, chunky applesauce, vegetables, or any other food or cereal not listed in the box above**

THE DAY BEFORE YOUR PROCEDURE and AFTER 3:00 PM:

- **Only clear liquids are permitted after 3:00 PM.** Avoid RED, ORANGE, PURPLE, OR BERRY colors. Clear liquids include sports drinks, apple juice, soda, water, jello without fruit, hard candy, water, broth, white grape juice, black coffee, bouillon, tea and popsicles.



STEP 1:

After 3:00 P.M.: Take two (2) Dulcolax tablets with 8oz. of water



STEP 2:

Beginning at 4:00 or 5:00 P.M.(after work): Drink **32 ounces of the Miralax/sports drink solution.** This should be completed in 1 hour.

STEP 3:

Beginning at 7:00 or 8:00 P.M.: Drink the remaining **32 oz. portion of the Miralax/sports drink solution** as instructed above.

THE DAY OF YOUR PROCEDURE

***No smoking or chewing tobacco after midnight on the day of your procedure

5 HOURS PRIOR TO YOUR PROCEDURE:

Drink one (1) bottle of ten ounce Magnesium Citrate (not RED or BERRY COLOR) completed over 1 hour.

4 HOURS PRIOR TO YOUR PROCEDURE:

Do not eat or drink anything (4) hours prior to your procedure. Your procedure may be canceled or delayed if anything is consumed within (4) hours of your procedure. This includes water, gum, mints, candy.

If you are having symptoms of acid reflux, you may take 1-2 over-the-counter Zantac 75 mg. tablets or a prescribed medication up to 2 hours before your procedure with a sip of water.

If your stools are not clear and watery, please take one (1) Fleet enema by rectum at home before coming to the Endoscopy Center. You should be able to see the bottom of the toilet.

Do not take any medications on the day of your procedure unless your doctor has instructed you otherwise. Your doctor may want you to take your beta-blocker the morning of the procedure.

- If you have a card for your Pacemaker or Automatic Implantable Cardioverter-Defibrillator (AICD), please bring it to your procedure.
- **An adult that is at least 18 years of age must accompany you to the endoscopy center *and* remain on the premises to drive you home. You are not allowed to drive for 12 hours after your procedure.**

COLON CLEANSING TIPS:

- Drinking the Miralax solution chilled and through a long straw may be helpful
- Walking will help move the solution through your colon
- Stay close to a toilet in the evening- the goal is to have diarrhea!
- If your stomach feels “full” while drinking the prep, slow down and attempt to drink the prep more slowly.
- Anal skin irritation or hemorrhoid flares may occur. Over-the-counter remedies such as hydrocortisone cream, baby wipes, Vaseline or tucks are permitted. Avoid products that contain alcohol.

SPECIAL INSTRUCTIONS FOR PATIENTS WHO ARE DIABETIC OR TAKING COUMADIN/WARFARIN MEDICATION

DIABETIC PATIENTS ON ORAL DIABETIC MEDICATIONS –

Patients on oral diabetic meds are recommended for morning procedures.

DAY BEFORE THE PROCEDURE - please take your normal oral diabetic pills as prescribed

MORNING OF THE PROCEDURE-DO NOT TAKE DIABETIC ORAL PILLS ON THE DAY OF THE PROCEDURE and nothing by mouth 4 hours prior to the procedure

DIABETIC PATIENTS ON INSULIN-

All diabetic patients on insulin must be scheduled for their procedure **before 10:30 am.**

THE DAY BEFORE THE PROCEDURE

- In the morning, take your normal morning dose of insulin.
- **In the evening if you are on a long acting insulin**(Lantus, Levemir, Toujeo) **only take ½ of your usual dose**

MORNING OF THE PROCEDURE

- NOTHING BY MOUTH 4 hours prior to procedure
- **Check your blood sugar at home at 6:00 AM**
 - If your home blood sugar is less than <70 follow the instructions below
 1. Drink 4 oz. of apple juice and do not take any a.m. insulin
 2. Repeat blood glucose again
 3. If procedure is scheduled at 7:30 or earlier, proceed to College Park Endoscopy Center. If your procedure is scheduled later than 7:30 a.m., you should call College Park Endoscopy Center (913-385-4400) at 7:00 and ask to speak with a GI nurse
 - If your blood glucose is greater than 300 on the day of the procedure, your procedure will be cancelled and you will need to schedule an appointment with your physician regarding a follow-up on the elevated blood glucose level.

Patients who present to the Endoscopy Center on day of procedure with elevated blood glucose (> 200, but less than 300) may potentially be cancelled at the discretion the physician and CRNA

PATIENTS TAKING COUMADIN/WARFARIN

If you are taking Coumadin/warfarin (or if you were instructed to hold your dose prior to the procedure), you will need to have an INR drawn the day before your procedure. Your INR will be done in the College Park Specialty office in a clinic that manages patients taking these types of medications. The clinic is called the ACT clinic and is located at 10600 Mastin OP KS 66212, Entrance C.

Please call 913-438-0868 for an appointment once your procedure has been scheduled.

If your procedure is scheduled on a Monday, you will need your INR drawn on Sunday. Your endoscopy provider will direct you on where to have your INR drawn.