



**Gastroenterology
& Hepatology**

ASSOCIATES OF MID-MICHIGAN, PC
gastroandhep.com

Miralax/Dulcolax Colonoscopy Preparation-Split Dose

To reschedule, cancel, comments or concerns please call: 989-839-0750

*****THE WEEK BEFORE YOUR COLONOSCOPY**

It's recommended that you read these instructions.

You will need to purchase the following items from any pharmacy:

- Six (6) Dulcolax laxative tablets or the equivalent generic product
- One (1) bottle of Miralax 238 Grams or the Equivalent generic product
- One (1) 10oz bottle of magnesium citrate or the equivalent generic product
- 64 ounces of Gatorade, G2 Propel, Powerade or the equivalent (not red, pink, or purple)

*****2 DAYS BEFORE YOUR PROCEDURE*****

- 8:00 pm take 2 Dulcolax laxative tablets
- Drink 10oz. bottle of magnesium citrate
- Drink slowly to prevent nausea

*****THE DAY BEFORE YOUR PROCEDURE*****

**YOU MUST FOLLOW A CLEAR LIQUID DIET STARTING FROM THE
TIME YOU WAKE UP**

1. 3:00 pm take 2 Dulcolax laxative tablets.
2. 6:00 pm mix the entire 238 gram bottle of Miralax into 64 ounces of a sports drink of your choice such as Gatorade, G2 or Powerade. Mix well.
3. Drink ½ of this 64 oz. liquid in 8 ounce increments every 10 minutes. This will take about 1 ½ hours to complete.
4. Refrigerate the remainder of the pre-mixed prep for tomorrow.
5. Continue drinking clear fluids until bedtime.

****THE DAY OF YOUR PROCEDURE – 6 HOURS BEFORE YOUR ARRIVAL TIME****

1. Take 2 Dulcolax laxative tablets
2. Drink the remainder of the pre-mixed Miralax 8 ounces every 10 minutes until gone.
3. Drink 3 more 8 ounce glasses of clear liquid
4. You may continue drinking clear liquids up to 3 hours before your arrival time.
5. Nothing by mouth 3 hours prior to your arrival time.

****Prior to leaving for your procedure the results from your prep should be a clear to light yellow liquid. If your results are not clear to light yellow, call the facility that will be performing your procedure. Failure to follow these preparation instructions could result in the cancellation of your procedure.**



Gastroenterology
& Hepatology
ASSOCIATES OF MID-MICHIGAN, PC

Preparing for your Colonoscopy

IMPORTANT – Please Read These Instructions at Least 2 Weeks Before your Colonoscopy.

If you need to reschedule, cancel, or have any questions about your procedure please contact 989-839-0750 before 4.p.m.

What is a Colonoscopy?

Colonoscopy is a procedure that allows your physician to examine the lining of the entire large intestine (colon) from the rectum to the lower end of the small intestine for any abnormalities such as inflamed tissue, polyps, ulcers or bleeding. A small fiber optic flexible tube is gently inserted into the anus and advanced into the colon. If an area needs further evaluation a biopsy will be taken. Biopsies do not imply cancer and most polyps are not cancerous. Removal of polyps is one of the best means of preventing colorectal cancer.

Learn what you need to do to prepare for your colonoscopy:

- *Three days before your colonoscopy, stop taking any iron, fiber supplements or anti-diarrheal medication.*
- *Avoid the following; foods with seeds (tomatoes, cucumbers) and foods difficult to digest (corn, nuts, popcorn)*
- *One day before, go on a clear-liquid diet.*

*Important: You will need to arrange for a responsible driver over the age of 18 to drive you home after your colonoscopy. You will be sedated for your procedure which will impair your reflexes and judgement. Your test will have to be rescheduled if you don't have someone to accompany you home. You are **NOT ALLOWED** to drive, take a taxi, bus or car service, or leave the Surgery Center **ALONE**.*



Gastroenterology
& Hepatology
ASSOCIATES OF MID-MICHIGAN, PC

Three Days before your procedure

Start preparing three days before your colonoscopy. For example, if your colonoscopy is scheduled for Wednesday, you would start Sunday morning.

- *Stop taking any iron, fiber supplements or anti-diarrheal medication.*
- *Some of the medications you take may need to be stopped or adjusted temporarily before your colonoscopy.*
- *Avoid foods that contain red, pink, and purple dyes that may interfere with the test.*
- *Avoid the following; foods with seeds (tomatoes, cucumbers) and foods difficult to digest (corn, nuts, popcorn)*

*****Call our office if you have not been instructed regarding:***

- *If you're an insulin controlled diabetic*
- *Blood thinners- such as Aspirin, Coumadin, Effient, Plavix, Pradaxa, Xarelto, Brilinta or any other blood thinning product.*
- *History of Endocarditis (these may require antibiotics prior to your procedure)*

One day before procedure

- *Drink only clear liquids or certain light-colored beverages. (See the clear liquid chart on website gastroandhep.com)*
- *Do not eat solid foods.*
- *No smoking after midnight.*



Gastroenterology
& Hepatology
ASSOCIATES OF MID-MICHIGAN, PC

Day of the Colonoscopy

- *If your procedure is in the morning, you may need to get up earlier than usual to finish drinking.*
- *Nothing by mouth including: gum, hard candies, breath mints, or liquids 3 hours prior to your scheduled procedure.*
- *May take your medication with a sip of water. (If you've been instructed to do so.)*
- *Prior to leaving for your scheduled procedure the results from your prep should be a clear to light yellow liquid. If they are not, call the facility that will be performing your procedure. Failure to follow these instructions could result in the cancellation of your procedure.*
- *If you use an inhaler for asthma or COPD, please bring it with you to your appointment.*
- *Bring your insurance card and a photo ID.*
- *Do not bring valuables to your appointment.*
- *Friends and family may not watch your procedure.*
- *For the safety of our patients and staff, we ask that you leave any weapons at home.*

Female patients: *If you are pregnant or unsure if you are pregnant your colonoscopy may be canceled when you arrive. We strongly recommend that you take a pregnancy test if you are unsure. Please call 989.839.0750 before the procedure date to discuss this if you are or could be pregnant. If you are on your menstrual cycle it is "ok" to continue with your procedure as planned.*

After your procedure and upon discharge

- *Your physician will explain the results of the exam to you and your designated driver.*
- *Do not drive or operate machinery the rest of the day.*
- *Do not drink alcoholic beverages.*
- *Do not go to work. Rest and take it easy. For your safety you must have someone stay with you the remainder of the day due to the side effects of the sedation or your procedure may be canceled.*
- *Do not make critical decisions, sign legal documents or do anything that requires you to be alert and coordinated.*



**Gastroenterology
& Hepatology**
ASSOCIATES OF MID-MICHIGAN, PC

Clear-Liquid Diet for Colonoscopy Preparation

One day before----and the day of your colonoscopy, you will be on a clear-liquid diet. The chart shows example of drinks you can include, and what to avoid. Starting the day before your procedure, don't eat any solid food until after your colonoscopy.

****Stop drinking liquids 3 hours before procedure.**

CLEAR LIQUIDS AND LIMITED LIGHT COLOR DRINKS ONLY	YES - OK TO DRINK:	NO - AVOID THESE:
	<ul style="list-style-type: none">*Water*Tea and black coffee without any milk, or cream*Flavored water without red, pink, or purple dye*Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry*Clear broth including chicken, beef, or vegetable*Soda*Sports drinks such as Gatorade and Propel (light colors only)Popsicles without fruit or cream; no red, pink, or purple dye*Boost Breeze Tropical Juice drink*Jello no red, pink, or purple	<ul style="list-style-type: none">*Alcoholic beverages*Milk*Smoothies*Milkshakes*Cream*Orange juice*Grapefruit juice*Tomato juice*Soup (other than clear broth)*Cooked Cereal
<p>**Key- If you can read a paper through it - it's a clear liquid.</p>		