



## INSTRUCTIONS FOR 2 DAY COLONOSCOPY PREP

Miralax with Gatorade/PowerAde

**\*\*\*You will need to purchase all of the following over the counter items:**

**Miralax 238 gram bottle over the counter, 2 (two) 32oz bottles of Gatorade or PowerAde (any flavor that is NOT red or purple), Dulcolax laxative tablets 5mg (total of 40mg) and 1 bottle of Magnesium Citrate\*\*\***

**Colonoscopy: The visual examination of the large intestine (colon) using a lighted flexible fiber optic endoscope.**

**Note:** Individual responses to laxatives do vary. This prep may cause multiple bowel movements. Often works within 30 minutes but may take as long as 3 hours. If you are unable to keep the prep down, please call your physician.

**Consult your Primary Care Physician if you are taking or have the following medical concerns:**

**Coumadin/Jantoven/warfarin:** Stop it five (5) days before your colonoscopy **if approved by your physician prescribing this medication.**

**Do not take this medication on the day of your procedure. Ask your physician when to resume this medication**

**Plavix (clopidogrel)/Pradaxa/Pletal (cilostazol)/Effient and Eliquis;** Stop it three (3) days before colonoscopy-**only if approved by prescribing physician**

**Brilinta:** Stop five (5) days before colonoscopy- **only if approved by prescribing physician**

**Aggrenox:** Stop three (3) days to five (5) days prior to colonoscopy- **only if approved by prescribing physician**

**Xarelto/Savaysa:** Stop 48 hours before colonoscopy- **only if approved by prescribing physician**

**Iron pills:** Stop for seven (7) days before colonoscopy

**Dialysis Treatment:** Alternate treatment may be used.

**\*\*Anti-Seizure Medication:** Take at least 2 hours before the scheduled colonoscopy with a small sip of water.

**\*\*Blood Pressure/Heart Medication:** Please take your morning dose at least 2 hours before your colonoscopy with a small sip of water.

**Insulin:** You may need to adjust your insulin dosages. Please speak with your monitoring physician for further instructions. **Ask your physician when to resume your insulin.**

**Inhalers:** Please bring your "rescue" inhaler to your appointment, even if you have not needed to use it for some time.

**Heart Valve Replacement/ Pacemaker with Internal Defibrillator**

### TWO DAYS BEFORE COLONOSCOPY

MAY HAVE A LIGHT BREAKFAST, LIQUIDS THE REMAINDER OF THE DAY

**No tomatoes or corn 2 days prior to procedure**

At 4:00PM TAKE DULCOLAX LAXATIVE TABLETS 20mg with a full glass of water

At 6:00 PM DRINK ONE BOTTLE OF **MAGNESIUM CITRATE** FOLLOWED BY at least 16OZ. OF CLEAR LIQUIDS

### ONE DAY BEFORE COLONOSCOPY

If you have been holding your Coumadin/Jantoven/Warfarin you will need a PT/INR (lab test) taken 24 hours prior to exam if requested by physician. CLEAR LIQUIDS DIET ALL DAY – **no milk or milk products**

At 4 PM Take Dulcolax laxative – 4 tablets (20mg) with a full glass of water.

At 6 PM mix approximately ½ of Miralax in 1 (one) 32oz bottle of Gatorade or PowerAde (no red or purple) and drink the mixture.

At 9 PM mix approximately ½ of Miralax in 1 (one) 32oz bottle of Gatorade or Powerade (no red or purple) and drink the mixture.

### CLEAR LIQUIDS

Water

Strained fruit juices without pulp

Broth or Bouillon

Jello – any flavor – no red jello

Clear sodas – 7up, Sprite, Ginger Ale, etc.

Popsicles – no red or purple

Coffee or Tea without creamer

Ensure and Ensure plus (vanilla only)

No red or purple liquids

### DAY OF COLONOSCOPY

**1. Nothing by mouth after midnight except approved medications listed above\*\* with a sip of water. You may brush your teeth and rinse with water. NO GUM, MINTS OR LOZENGES. NO CHEWING TOBACCO**

**2. You will be medicated and you need to bring someone with you to drive you home.**

**3. Bring a current list of medications and colostomy supplies if applicable; if Menstruating please use a tampon if possible.**

**On the day of your procedure, report to the following unless otherwise instructed by your physician:**

**The Endoscopy Center of Topeka, 785.354.1254**

2200 SW 6<sup>th</sup> Avenue, Suite 103

Topeka, KS 66606

Check-in Date: \_\_\_\_\_

Check-in Time: \_\_\_\_\_

KMC Gastroenterology, 785-354-8518

**If you are unable to keep your appointment, please notify the office within 48 hours prior to your scheduled procedure.**