

2 DAY COLONOSCOPY PREPARATION: MAG CITRATE AND MIRALAX		
PLEASE PURCHASE	<ul style="list-style-type: none"> Over the counter at local pharmacy <ul style="list-style-type: none"> Dulcolax (bisacodyl) 5 mg pills (need 6 pills total) Magnesium citrate 10 oz bottle Miralax 238 gram bottle Gatorade - two 32 oz bottles (No Red, Purple or Orange Color) 	
7 DAYS BEFORE	<ul style="list-style-type: none"> Stop fiber supplements and iron supplements, including multivitamins 	
4 DAYS BEFORE	Begin a LOW FIBER Diet including: <ul style="list-style-type: none"> White or sour dough bread White Rice, Pasta Eggs, Chicken, Turkey, Fish Cheese, Yogurt, Milk, Ice Cream, Pudding Canned or cooked fruit/vegetables without skin or peel (carrots, cucumbers, potatoes) Pureed fruits/vegetables (smoothies, strained puree soups) Creamy peanut or almond butter 	High Fiber Foods to AVOID: <ul style="list-style-type: none"> Raw fruits/vegetables with seeds, skin, membranes Cooked/canned fruit/vegetables with skin/seeds/peel Whole wheat or multigrain bread or crackers Nuts, Seeds Popcorn Oatmeal, bran cereal Brown rice, quinoa
3 DAYS BEFORE	<ul style="list-style-type: none"> Continue LOW FIBER Diet Avoid solid foods after midnight 	
2 DAYS BEFORE	<ul style="list-style-type: none"> Begin FULL LIQUID Diet: <ul style="list-style-type: none"> Smoothies Pureed soups Milk and milk products (yogurt without fruit, pudding, ice cream, sherbet) Clear liquids (see list under “1 day before”) 6PM: Take Dulcolax 3 tablets with sips of water 7PM: Take Magnesium Citrate <ul style="list-style-type: none"> Drink the 10 oz bottle of magnesium citrate Next drink at least three 8 oz glasses of water or other clear liquid Drink ALL of this liquid within an hour 	
1 DAY BEFORE	<ul style="list-style-type: none"> MORNING: Start a CLEAR LIQUID diet <ul style="list-style-type: none"> Apple, White Grape, White Cranberry Juices without Pulp Clear Soup/Broth Tea or Black coffee (no milk/creamers) Gatorade/Powerade (no red, purple or orange color) Jello (no red, purple, or orange color) 	

	<ul style="list-style-type: none"> ○ Popsicles (no red, purple, or orange color) ● 6PM: Take Dulcolax 3 tablets with sips of water ● 7PM: <ul style="list-style-type: none"> ○ Pour half of the Miralax into one Gatorade bottle and half into the second Gatorade bottle; shake until dissolved ○ Drink one 32 oz bottle, a cup every 15 minutes until completed ○ Put the second 32 oz bottle in the refrigerator ● Bowel movements should begin 1-2 hours after starting the Miralax/Gatorade mix but the effect can be delayed by up to 4-6 hours
DAY OF COLONOSCOPY	
5 HOURS BEFORE	<ul style="list-style-type: none"> ● Drink the second 32 oz bottle of Miralax/Gatorade <ul style="list-style-type: none"> ○ A cup every 15 minutes until completed ● By the end of the cleanse your stool should be a clear liquid with yellow or green tinge
3 HOURS BEFORE	<ul style="list-style-type: none"> ● Stop drinking/eating clear liquids ● Do not chew gum or mints ● Take regular medications with a small sip of water the morning of your procedure unless otherwise instructed by your physician
30 MIN BEFORE	<ul style="list-style-type: none"> ● Arrive at endoscopy suite 30 MIN PRE PROCEDURE (no later) ● Bring list of current medications including doses ● Bring a Photo ID and Insurance Card ● Bring any applicable Referrals ● Please do not bring any valuables

GENERAL INSTRUCTIONS:

IF YOU HAVE DIABETES	<ul style="list-style-type: none"> ● Contact your primary care doctor or endocrinologist for instructions regarding your medications
IF YOU TAKE MEDICATION TO THIN YOUR BLOOD	<ul style="list-style-type: none"> ● Contact your gastroenterologist for further instructions ● Medications include but are not limited to: <ul style="list-style-type: none"> ○ Heparin, Lovenox, Warfarin (Coumadin), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Lixiana, Savaysa), Betrixaban (Bevyxxa), Clopidigrel (Plavix), Prasugrel (Effient), Brilinta (Ticagrelor)
IF YOU TAKE ASPIRIN OR BLOOD PRESSURE MEDICATION	<ul style="list-style-type: none"> ● Continue to take these medication(s)
ESCORT	<ul style="list-style-type: none"> ● Please ensure that you have an escort (responsible adult over the age of 18) to pick you up at the end of the procedure.