



TROY GASTROENTEROLOGY PC

CENTER FOR DIGESTIVE HEALTH

www.troygastro.com

COLONOSCOPY (Miralax Preparation)

You must be accompanied by a driver who will register with you, wait with you during your procedure, and drive you home. **Your procedure will be canceled if you have not arranged for this.**

IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE, PLEASE CALL (248)844-9710.

THREE-FIVE DAYS PRIOR TO THE COLONOSCOPY

- **NO** iron supplements or vitamins containing iron
- Discontinue Coumadin, check with ordering doctor prior to discontinuing medication
- Continue aspirin and Plavix

TWO DAYS PRIOR TO THE COLONOSCOPY** (Constipation Prep)

If you have a diagnosis of constipation, or had a previous problem with the colon cleansing preparation, you need an extra day of preparation to ensure that your colon is clear. This allows a better visualization. Thus, your prep needs to start two days prior to the colonoscopy.

- **12:00 Noon – 6:00 PM** Take one (1) 10-oz. bottle of Magnesium Citrate (refrigerated) and drink the entire bottle over several minutes.
- After completed, drink at least three (3) 8-oz. glasses of water or clear liquid.
- Continue a clear liquid diet for the rest of the day.

DAY BEFORE THE COLONOSCOPY

For the entire day prior to the colonoscopy, you should only have a “clear liquid diet”. A “clear liquid” means that you can see through it. Solid food, milk, and milk products are NOT allowed. NO alcohol. *All* items consumed need to be clear, yellow, orange, or green. **NOTHING RED, BLUE, OR PURPLE.**

Clear liquids include:

- Water, or sodas – 7-Up, Sprite, cola, ginger ale
- Strained fruit juices, without pulp – Apple, White Grape, Lemonade
- Clear broth or bouillons
- Coffee or tea – without milk or non-dairy creamer
- Gatorade, Kool-Aid, or other fruit-flavored drinks – not red, blue, or purple
- Ice popsicles, or Plain Jell-O without added fruit or topping – not red, blue, or purple

Miralax Prep. (Dulcolax and Miralax can be purchased over the counter, no prescription is required.)

- **3:00 PM** – Take two (2) Dulcolax laxative tablets with a glass of water.
- **6:00 PM** – Mix one (1) 238-gram bottle of Miralax powder in 64 ounces of Gatorade or similar liquid. Drink an eight-ounce glass of solution every 15-20 minutes until the entire solution is gone
- **9:00 PM** – Take two (2) Dulcolax laxative tablets with a glass of water.
- Only clear liquids until midnight, and nothing to eat or drink after midnight.

(Continued on next page.)



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DAY OF THE COLONOSCOPY

- You may have nothing to eat or drink until after your procedure.
- If you are diabetic -- either **insulin-dependent** or **oral medication** -- you should **NOT** take your insulin or oral medications until after the procedure.
- Please **DO** take any blood pressure, seizure, or heart medications, with a small sip of water the morning of your procedure.
- ****** Please bring a list of your medications with you on the day of your procedure. ******