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COLONOSCOPY/SURGERY BOWEL PREP INSTRUCTIONS

DATE: _____

Location: _____

**What you will need to purchase to do the prep
(Purchased over the counter in the laxative aisle)
MiraLAX 1 (238 gram) bottle, 4 Dulcolax laxative tablets and 1 bottle citrate of magnesia**

Preparation Instructions for Colonoscopy/Surgery

Stop all Blood thinners: Aspirin, Coumadin, Plavix, Fish Oil, Eliquis, Xarelto or Brilinta. Please contact your doctor who monitors these meds before stopping them.

Three days before your procedure, **Do NOT** eat high-fiber foods, such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables, or fresh and dried fruit.

If you are diabetic patient: you are to take 1/3 of your daily insulin or other diabetic medication the day of your prep. **DO NOT** take any insulin or diabetic medication the day of your colonoscopy.
DO NOT STOP ANY HIGH BLOOD PRESSURE MEDICATIONS.

5 DAYS BEFORE YOUR PROCEDURE stop Vitamin E, Fiber supplements, multivitamins, iron and any meds that stop diarrhea.

_____ 2 nights before the procedure, take 2 Dulcolax laxatives at 7pm

_____ On the day before your procedure – **CLEAR LIQUIDS ONLY, NO FOOD**, take the remaining 2 Dulcolax laxatives in the morning.

You may drink anything you can see through. Examples:

- Chicken/Beef Broth, Consommé or bouillon
- Vernor's, ginger ale, 7up, Sprite, seltzer, Clear fruit juices (no pulp)
- Gatorade or Vitamin Water
- Water
- Black Coffee or tea (no cream or milk)
- Jell-O, popsicles and flavored ices

DO NOT DRINK ANYTHING RED, BLUE OR PURPLE, ALCOHOL OR ANY JUICE WITH PULP

_____ At 5pm the day before your procedure, mix the entire bottle of MiraLAX with 64oz of Gatorade or Vitamin Water and drink 8oz every 10 minutes until it's gone.

_____ **After you complete the MiraLAX prep, if your bowel movements are NOT clear drink 1 full bottle of citrate of magnesia. You may stay on clear liquids until midnight**

DO NOT DRINK ANYTHING AFTER 10pm unless otherwise told by pre-anesthesia **Arrival times may change due to cancellations. Last minute cancellations and no shows will be charged \$45. This fee will need to be paid before rescheduling.**