INSTRUCTIONS FOR YOUR COLONOSCOPY PREP

MiraLAX (polyethylene glycol) with Gatorade/PowerAde/Magnesium Citrate

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

- MiraLAX (polyethylene glycol) 8.3oz (238 gram) bottle over the counter
- Total of 64oz of Gatorade or PowerAde (any flavor that is NOT red or purple)
- Dulcolax (bisacodyl) 5mg tablets a total of 40mg or 8 tablets
- One 10oz bottle of Magnesium Citrate 10oz

COLONOSCOPY- This exam allows the physician to visualize your large colon. A flexible tube with a powerful light source is passed into the colon for direct observation. You will be given medication before the procedure to ensure a comfortable exam.

Note: Individual responses to laxatives do vary. This prep may cause multiple bowel movements. It often works within 30 minutes but may take as long as 3 hours. If you are unable to keep the prep down, please call endoscopy department at the numbers listed on the next page.

TWO DAYS BEFORE COLONOSCOPY

- No tomatoes or corn 2 days prior to procedure.
- At 4pm take 4 (20mg total) Dulcolax (bisacodyl) laxative tablets with full glass of water.
- At 6pm drink bottle of Magnesium Citrate with at least 16oz of clear liquids.

ONE DAY BEFORE COLONOSCOPY

- CLEAR LIQUIDS ALL DAY-no milk or milk products
    - Water
    - Tea
    - Broth
    - Sports drinks (no red/purple)
    - Jello (no red/purple)
    - Juice without pulp
    - Bouillon
    - Coffee no creamer
    - clear sodas-7up, sprite, ginger ale
    - Popsicles-(no red/purple)
- At 4pm take 4 (20mg total) Dulcolax (bisacodyl) laxative tablets with full glass of water.
- **Mix 64oz of Gatorade with the 8.3oz bottle of MiraLAX (polyethylene glycol)
- At 6pm drink half of the MiraLAX/Gatorade mix (you do not have to drink it all at once but finish before 9pm).
- At 9pm drink the rest of the MiraLAX/Gatorade mix (finish before midnight).

DAY OF COLONOSCOPY

- Nothing by mouth after midnight except approved MEDICATION with a sip of water. These are the medications that would have been discussed with you during your phone call from the hospital. (If you do not remember, do NOT take any meds and please bring all your medications and the nurses will instruct you on what to take when you arrive).

- You may brush your teeth and rinse with water.
- NO GUM, MINTS, LOZENGES
- NO CHEWING TOBACCO or NICOTINE POUCHES OR GUM.
- No smoking or vaping the day of the procedure.
- Bring a current list of medications or your original medication bottles.
- Please bring a responsible driver to drive you home. You will not be allowed to leave the hospital without a driver, and we will not perform the procedure without a driver present. **Please note: You will <u>NOT</u> be able to use public transportation.**
- Check in at the front desk of PRATT REGIONAL MEDICAL CENTER with your driver, insurance information, and identification.

IF YOU ARE UNAVAILABLE TO KEEP YOUR APPOINTMENT, PLEASE NOTIFY THE OFFICE WITHIN 48 HOURS PRIOR. IF NO ANSWER PLEASE LEAVE A MESSAGE AS STAFF CHECK MESSAGES DAILY.

620-450-1222 or 620-508-6805