



**Maryland Digestive
Disease Center**

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Instructions for COLONOSCOPY PREP KIT
Miralax (PEG 3350)/Magnesium Citrate/Dulcolax

Patient Name: _____

Date: _____ **Arrival Time for Procedure:** _____

With Doctor: _____

Location: _____

PREP KIT CONTAINS: 2 Bisacodyl tablets, 1 (8.3 oz/238 g) bottle Miralax (generic PEG 3350) and 1 (10 oz) bottle of Magnesium Citrate (not cherry-flavored).

YOU MUST PURCHASE: 64 oz. bottle or two 32 oz. bottles of Gatorade regular or G2 (No Red, Blue, Purple or Powdered Gatorade)

You will be given sedation for your procedure and **MUST** have a ride **TO** and **FROM** the examination. You **CANNOT** drive yourself and **MUST** be accompanied by a responsible adult. You **MAY NOT** go home on public transportation alone. Pick up time will be approximately 1 hour after the procedure start time.

In order to be properly prepared for your procedure, please review the Pre-Procedure requirements on the attached sheet **one week** prior to your exam and follow the instructions carefully.

The liquids in the prep will cause you to have repeated loose stools (diarrhea), which is the expected result. These solutions typically work within 30-60 minutes but may take as long as 4 hours to have an effect. During the preparation process, you are advised to have a bathroom nearby. **It is very important that you follow each step and complete all of these instructions or the colonoscopy may have to be repeated.** The bowel preparation will not work properly unless you **drink plenty of liquids.**

Should you have any questions please contact one of our office locations listed below.

Directions to Ambulatory Endoscopy Center of MD: Take I 95 to exit 33 A, Route 198 towards Laurel. At first intersection, turn right onto Van Dusen Road. At 5th traffic light, make a right into the Laurel Regional Hospital driveway. The Medical Arts Pavilion is on the right. You should report to Suite 230.

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Appointment Day M Tu W Th F	Date _____ Arrival Time _____	Capital Digestive Care, LLC Maryland Digestive Disease Center
7 Days Before Procedure	<ul style="list-style-type: none"> • Read all instructions carefully • Discontinue fiber supplements or medications containing iron; follow your physician instructions regarding aspirin, Plavix or anticoagulation medicines (e.g. Coumadin/Warfarin) 	
5 Days Before Procedure	<ul style="list-style-type: none"> • Patients should continue all medications unless instructed by their physician. 	
3 Days Before Procedure	<p>Stop eating high fiber foods including:</p> <ul style="list-style-type: none"> • Nuts • Corn • Popcorn • Raw fruits • Raw Vegetables • Bran 	
1 Day Before Procedure	<ul style="list-style-type: none"> • Refrigerate the Gatorade if you wish to drink it cold • Drink 6-8 glasses of water during the day • No solid foods today (day before your procedure) • <u>In the A.M.</u>, begin clear liquid diet (No red, blue or purple liquids or alcohol) <p>Examples of Clear Liquids are:</p> <ul style="list-style-type: none"> ➢ Coffee or Tea (no milk) ➢ Clear broth or bouillon ➢ Carbonated or non-carbonated soft drinks ➢ Fruit juices without pulp ➢ Jell-O ➢ Popsicles ➢ Hard candy <ul style="list-style-type: none"> • <u>Between 4 p.m. and 6 p.m.:</u> Take 2 Bisacodyl tablets • <u>1 hour later.:</u> <ul style="list-style-type: none"> ➢ Mix 1 bottle Miralax (generic PEG 3350) with 64 oz of Gatorade in a large pitcher ➢ Drink 1-8 oz. glass of Gatorade/Miralax (generic PEG 3350) solution every 15 minutes until the mixture is gone. 	
Day of Procedure	<p><u>4 hours</u> before your procedure: Time: _____</p> <ul style="list-style-type: none"> ➢ Drink the 10 oz. bottle of Magnesium Citrate followed by a large glass of water, then <u>STOP</u> drinking clear liquids. ➢ Take all of your morning medications unless otherwise instructed by your physician ➢ If you are asthmatic, please bring your inhaler with you on the day of your procedure. ➢ If you are unable to read or communicate in the English language, please bring an interpreter with you to translate. 	

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You may receive a total of 4 statements; (1) Ambulatory Endoscopy Center (facility services), (2) Capital Digestive Care, Maryland Digestive Disease Ctr (physician services), (3) Corridor Anesthesia (anesthesia services) and (4) laboratory/pathology charges if performed.

Please note there is a cancellation fee for appointments not cancelled within 48 hours.

