



Birns, Gloger, Witten & Bhinder, MD

Patient Name: _____

**INSTRUCTIONS FOR COLONOSCOPY
PREP KIT
PEG 3350 (MIRALAX) / MAGNESIUM CITRATE
(Dr. Bhinder)**

Date: _____ Time of Procedure: _____

Arrival Time: _____ with Dr. _____

Location:

_____ **Urbana GI Endoscopy Center** – 3280 Urbana Pike # 104

Phone Number 240-436-6440

_____ **GIEA-** 15005 Shady Grove Rd # 200

Phone Number 301-340-8099

_____ **Shady Grove Adventist Hospital, Outpatient Surgery Center**

9901 Medical Center Dr, Rockville, MD 20850

Phone Number 240-826-7541

You must have someone drive you home. If you plan to take a taxi home, you must have someone accompany you. You will be ready to be discharged ½ to 1 hour after your procedure is complete. You will receive a pre-op call prior to your procedure. If you do not, please call the office/center and make them aware. **Please remember we require 72 hour notice for cancellations or rescheduled appointments. If you fail to give 72 hour notice you may be charged a cancellation fee.**

Please leave all valuables and jewelry at home. In addition, please refrain from wearing lotions and perfume/cologne.

ONE WEEK BEFORE THE PROCEDURE

You may take Tylenol as needed.

There are some medications to be held prior to your procedure.

- **Aspirin or Aspirin products** (including Excedrin) should be held for 1 week prior to the procedure. If prescribed by a physician, consult with that doctor first about your ability to safely hold these medications.
- **NSAIDS (Nonsteroidal Anti-Inflammatory Drugs)** such as Advil, Motrin, Aleve, etc. should be held for 3 days prior to your procedure.
- **Prescribed NSAIDS** (Voltaren, Relafen, Celebrex, Indocin, etc) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to your procedure.
- **Blood Thinners** (Coumadin, Plavix, Persantine, Pradaxa, Xarelto, Aggrenox, etc.) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to your procedure.

- All diabetic patients taking **insulin/oral hypoglycemic medications** should contact a nurse in regard to holding these medications prior to the procedure. You can reach an RN at either endo center.

YOU WILL NEED

- 64 oz of clear liquid products listed on the back, *please use a sugar free product like Crystal Light if you are diabetic*
- 1 Bottle PEG 3350 (8.3 oz), (generic for MIRALAX) & 1 Bottle of Magnesium Citrate (10 oz)
- **Please do not use Carbonated Beverages to mix prep**

5 DAYS PRIOR TO THE PROCEDURE

Stop eating high fiber foods and fiber supplements (including nuts, corn, popcorn, raw fruits, vegetables and bran)

DAY BEFORE THE PROCEDURE

You must be on a **clear liquid diet** the entire day before your procedure (**no solid foods**)

DO NOT drink milk

DO NOT drink alcoholic beverages

Any of the following clear liquids are OK

Water

Strained fruit juices (without pulp) including apple, orange, grape, or cranberry

Limeade or Lemonade

Coffee or Tea (DO NOT use any dairy or non-dairy creamer)

Clear broth (beef, chicken, or vegetable) with or without salt or pepper

Gatorade, PowerAde, or Vitamin Water type products

Crystal Light

THIS IS A SPLIT DOSE PREP WHICH REQUIRES LAXATIVES THE DAY BEFORE AND THE MORNING OF THE PROCEDURE

This is the laxative dosing regimen you must follow the day before the procedure.

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|-------------------|---|
| DAY BEFORE | |
| 4:00 pm | Mix the entire bottle of PEG 3350 (8.3 oz), (generic for MIRALAX) with 64 oz. of clear liquid in a large pitcher |
| 4:15 pm | Drink 1- 8 oz glass of solution every 15-30 minutes until the solution is finished |

This is the laxative dosing regimen you must follow the day of your procedure.

| | |
|-------------------------|--|
| DAY OF PROCEDURE | 4 hours prior to your procedure |
| At _____ AM | Drink the 10 oz. bottle of Magnesium Citrate |
| Please note | You may continue drinking clear liquids up to 4 hrs prior to the procedure |

The purpose of this prep is to clean your colon. Your bowels should run clear. *We recommend coating the rectal area with VASELINE to protect the skin from chaffing while prepping. *****You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat, drink, smoke, or chew 4 hours prior to the procedure.**

If any problems or questions arise, please call our office at 301-251-1244 option 3 during normal business hours.