



**CAPITAL
DIGESTIVE
CARESM**

First in Digestive Health

Patient Name: _____

**INSTRUCTIONS FOR COLONOSCOPY
MIRALAX/MAGNESIUM CITRATE/DULCOLAX**

Date: _____ Time of Procedure: _____

Arrival Time: _____ with Dr. _____

Location: _____ **Urbana GI Endoscopy Center –**
3280 Urbana Pike # 104 Ijamsville, MD 21754
Phone # 240-436-6440

_____ **GIEA-**
15005 Shady Grove Rd #200 Rockville, MD 20850
Phone #301-340-8099

_____ **Shady Grove Hospital, Outpatient-**
9901 Medical Center Dr., Rockville, MD 20850
Phone #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.

Please leave all valuables and jewelry at home and avoid wearing perfume/cologne or lotions.

Please remember we require 72 hours notice for cancellations or rescheduled appointments. If you fail to give 72 hours notice you may be charged a cancellation

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, please use a sugar free product, such as Crystal Light if you are a diabetic.
- 1 bottle (8.3 oz), MIRALAX
- 1 bottle of Magnesium Citrate
- 4 (5 mg) bisacodyl (dulcolax) laxative tablets

AVOID USING CARBONATED BEVERAGES TO MIX YOUR PREP

5 DAYS PRIOR TO THE PROCEDURE

Stop eating high fiber foods and fiber supplements (including nuts, popcorn, corn, raw fruits, raw vegetables and bran). **Cooked vegetables and fruits are acceptable.**

Please note: Please continue to drink clear liquids up until 4 hours prior to procedure to facilitate prep and provide hydration. You will receive a pre-op call prior to your procedure. If you do not, please call the office/center and make them aware.

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 or 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

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

DAY BEFORE	
3:30 PM	Take 2 (5 mg) bisacodyl (Dulcolax) tablets
4:00 PM	Mix the entire bottle of MIRALAX (or generic) – 8.3 oz, with 64 oz. of clear liquid in a pitcher. Drink 1-8 oz. glass of solution every 15-30 minutes until the solution is finished. Take 2 additional bisacodyl (Dulcolax) tablets after finishing the MIRALAX.
DAY BEFORE: (If procedure is before 11 am)	Drink the Magnesium Citrate by 10 pm
**OR DAY OF (IF APPLICABLE) If procedure time is after 11 am	Drink the 10 oz. bottle of Magnesium Citrate in the morning and continue to drink clear liquids UP to 4 hours prior to your actual procedure time.

The purpose of this prep is to clean your colon. Your bowel movements should **NOT** be solid, brown/cloudy tinged liquid bowel movements is acceptable. *We recommend coating the rectal area with **VASELINE** to protect the skin from chaffing during your prep

*****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. To avoid the risk of a delay or a cancelled procedure, please be very careful to not eat, drink smoke or chew during this 4-hour time frame.** If any problems or questions arise, please call our office at 301-251-1244 option 3 during normal business hours.