



Patient Name: \_\_\_\_\_

**INSTRUCTIONS FOR COLONOSCOPY  
PREP KIT  
PEG 3350 (MIRALAX) / MAGNESIUM CITRATE (no dulcolax)**

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 hours' 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 they can be safely held and an appropriate time to stop them.

- All diabetic patients taking **insulin/oral hypoglycemic medications** should contact your prescribing physician regarding holding these medications prior to your procedure.

**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) & 2 Bottles of Magnesium Citrate (10 oz)

**5 DAYS PRIOR TO THE PROCEDURE**

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

**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, shakes, etc.

**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

<b>DAY BEFORE</b>	
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
10:00 pm	Drink 1 bottle of Magnesium Citrate and continue to drink clear liquids up to 4 hours prior to your procedure.
<b>DAY OF PROCEDURE</b>	
At _____AM	Drink the 10-oz. bottle of Magnesium Citrate, you may continue drinking clear liquids up to 4 hours prior to your scheduled procedure time.

Time of Procedure	Nothing After	Time of Procedure	Nothing After
8:00 a.m.	4:00 a.m.	12:00 p.m.	8:00 a.m.
9:00 a.m.	5:00 a.m.	1:00 p.m.	9:00 a.m.
10:00 a.m.	6:00 a.m.	2:00 p.m.	10:00 a.m.
11:00 a.m.	7:00 a.m.	3:00 p.m.	11:00 a.m.

***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 or 301-810-5252 during normal business hours.