

**COLONOSCOPY PREPARATION INSTRUCTIONS  
(MIRALAX / GATORADE PREP) 2 DAY PREP**

**ITEMS NEEDED:**

- Two Dulcolax tablets (Attached in envelope)
- Purchase from pharmacy One **255** gram bottle of Miralax or generic equivalent (prescription attached)
- Purchase One **64 oz** bottle of Gatorade (**NO RED FLAVORS**)
- Purchase One 10 oz bottle of Magnesium Citrate (any flavor)

**FOUR DAYS PRIOR TO PROCEDURE:** \_\_\_\_\_

- Stop taking iron and vitamins with iron.
- Discontinue fiber supplements, such as Metamucil, Citrucel, Benefiber, Fiber-Con, etc. You may continue to eat fiber-containing foods
- Stop taking **Coumadin** - except for patients with a mechanical heart valve, coronary stent placed within the past year or a Deep Vein Thrombosis diagnosed in the past six months.

**TWO DAYS PRIOR TO PROCEDURE:** \_\_\_\_\_

- Maintain a **clear liquid diet** all day! Do not eat solid foods or dairy products of any kind!

**A CLEAR LIQUID DIET CONSISTS OF:**

**Soups:** Clear bouillon, Chicken broth, vegetable broth, beef broth, or consommé

**Beverages:** Tea, Coffee (No dairy cream or milk), Kool-aid, carbonated beverages, Gatorade.

You may add sugar, artificial sweeteners, and non-dairy creamers to your coffee or tea.

**Juices:** Apple, white grape, strained lemonade, limeade, and orange drink or any juice that you can see through and has no pulp is acceptable.

**Dessert:** Italian ices, Popsicles, Jello, and hard candy.

Do NOT drink any **RED** colored beverages or eat **RED** Jello.

It is very important to increase fluid intake to prevent dehydration, please make sure to drink at least 8 glasses (2 quarts) or more of fluids such as Gatorade or a similar product, preferably not just plain water. Take your usual prescription medications (except Iron). If you have **Diabetes:** You should take your diabetic medications at one half the usual dose. Monitor your blood sugar at your usual times.

**Sometime between 12 Noon and 4:00 PM** drink the 10 oz bottle of Magnesium Citrate.

**ONE DAY BEFORE PROCEDURE:** \_\_\_\_\_

- Maintain a **clear liquid diet** all day. See clear liquid diet above.

Do NOT drink any **RED** colored beverages or eat **RED** Jello.

It is very important to increase fluid intake to prevent dehydration, please make sure to drink at least 8 glasses (2 quarts) or more of fluids such as Gatorade or a similar product, preferably not just plain water. Take your usual prescription medications (except Iron). If you have **Diabetes:** You should take your diabetic medications at one half the usual dose. Monitor your blood sugar at your usual times.

**Please keep in mind that the cleansing process will take 4 to 8 hours or longer so plan accordingly.**

**Sometime between 12 Noon and 6:00 PM** take the 2 Dulcolax tablets provided in the envelope.

**Two hours after taking the Dulcolax tablets** mix the 255-gram bottle of Miralax in 64 oz of Gatorade. Shake the solution until the Miralax is dissolved. Drink 8 oz every 15-30 minutes until the entire solution is gone. Continue to drink clear liquids until bedtime.

**If you become nauseated during the ingestion of the Miralax prep; stop the prep for 45 minutes then resume.**

**ON THE DAY OF THE PROCEDURE:** \_\_\_\_\_

You may have clear liquids until 3 hours prior to your procedure.

If you take heart or blood pressure medications, please take them early in the morning of your procedure with a small amount of water.

If you are a diabetic, please **DO NOT** take your diabetic medication on the morning of your procedure!

**Date of colonoscopy:** \_\_\_\_\_ **Arrive at:** \_\_\_\_\_ **AM / PM**

**Your procedure will be performed at the following Location:**

- \_\_\_\_\_ DHS Office Endoscopy, Greystone Professional Center 2025 Frontis Plaza Blvd Winston Salem Phone: 336-768-6211
- \_\_\_\_\_ Forsyth Medical Center, Endoscopy Suite, 2<sup>nd</sup> floor of Hospital. Phone: 336-718-2470
- \_\_\_\_\_ DHS Office Endoscopy, 1301 National Highway/ HWY 68 Thomasville, NC 27360 Phone: 336-472-5434
- \_\_\_\_\_ Thomasville Medical Center, 207 Old Lexington Road, Thomasville, NC 27360 Phone: 336-476-2417
- \_\_\_\_\_ 280 Broad Street Kernersville, NC 27284 Phone 336-768-6211
- \_\_\_\_\_ 112 Kinderton Blvd, Suite 100, Advance, NC 27006 Phone 336-768-6211
- \_\_\_\_\_ Dr. J.R. Jones Medical Center 402 West King St., King NC 27021 336-768-6211