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COLONOSCOPY (Miralax Preparation)

You must be accompanied by a driver who will register with you, wait with you during your procedure and drive you home. **Your procedure will be canceled if you have not arranged for this.** IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE, PLEASE CALL 386.427.0390.

THREE-FIVE DAYS PRIOR TO COLONOSCOPY

- **Please notify Dr. DeCarli** if you are taking the following: Aggrenox or Persantine, Effient, Pletal, Planquenil, **PLAVIX, COUMADIN, WARFARIN or PRADAXA.**
- If you are taking any of the above medications **you must contact Dr. DeCarli. If you are taking Coumdain or Warfarin stop taking these 3 days before the procedure unless otherwise instructed by Dr. DeCarli, as you may need to go on Lovenox injections.**

TWO DAYS PRIOR TO COLONOSCOPY

- Read over your instructions and make sure you have everything you need to start the prep to clean your colon.
- These can be purchased over the counter without a prescription at any pharmacy or drug store:
 - One bottle of Miralax powder
 - 4 Dulcolax tablets
 - One 10oz bottle of Magnesium Citrate (Two 10oz bottles if you are Constipated)

CONSTIPATED PATIENTS ONLY- PLEASE READ AND FOLLOW THESE ADDITIONAL INSTRUCTIONS.

If you have Constipation or had a previous problem with the colon cleansing preparation, you will need an extra day of preparation to ensure that your colon is clear. This allows for better visualization. **Thus, your prep needs to start two days prior to the colonoscopy.**

TWO DAYS PRIOR TO COLONOSCOPY- BEGIN THE CONSTIPATION PREP

- You will need an additional bottle of Magnesium Citrate if you are on this prep regiment.
- **12:00 Noon – 6:00 PM** Take one (1) 10-oz. bottle of Magnesium Citrate (refrigerated) and drink the entire bottle over several minutes.
- After completed, drink at least three (3) 8-oz. glasses of water or clear liquid.
- Continue a clear liquid diet for the rest of the day.

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DAY BEFORE COLONOSCOPY

All Patients: For the entire day prior to the colonoscopy, you should only have a “clear liquid diet”. A “clear liquid” means that you can see through it. Solid food, milk, and milk products are NOT allowed. NO alcohol. All items consumed need to be clear, yellow, orange, or green. NOTHING RED, BLUE, OR PURPLE.

Clear liquids include:

- Water or sodas – 7-Up, Sprite, cola, ginger ale
- Strained fruit juices, without pulp – Apple, White Grape, Lemonade
- Clear broth or bouillons
- Coffee or tea – **without milk or non-dairy creamer**
- Gatorade, Kool-Aid, or other fruit-flavored drinks – not red, blue, or purple
- Ice popsicles or Plain Jell-O without added fruit or topping – not red, blue, or purple

MIRALAX PREPARATION: DAY BEFORE YOUR COLONOSCOPY PROCEDURE

Do NOT drink milk on this day.

Begin your clear liquid diet at 12 noon. We encourage you to drink a lot of fluids from the clear liquid diet. This will help clean out your colon faster.

- **Before 10 am:** You may have a light breakfast (Example: one (1) Piece of toast and one (1) scrambled egg).
- **12 pm (NOON):** Take two (2) Dulcolax laxative tablets with a glass of water.
- **3:00 PM:** Mix one (1) 238-gram bottle of Miralax powder in 64 ounces of light colored Gatorade or similar liquid. Drink an eight (8) ounce glass of solution every 15-20 minutes until the entire solution is gone.
- **6:00 PM:** Take two (2) Dulcolax laxative tablets with an 8 oz glass of water and drink four (4) ounces of Magnesium Citrate followed by 16 oz of any clear liquid.
- **9:00 PM:** Drink four (4) ounces of Magnesium Citrate followed by 16 oz of any clear liquid.

Only clear liquids until midnight and nothing to eat or drink after midnight

DAY OF YOUR COLONOSCOPY PROCEDURE

- If you are an insulin-dependent diabetic take **1/2** your normal dosage of insulin the morning of your colonoscopy. If you are not insulin-dependent and take oral medication only, please do not take your oral medication until after your procedure.
- Please **DO** take any blood pressure, seizure, or heart medications, with a small sip of water the morning of your procedure.
- **You must NOT eat anything to eat or drink until after your procedure.**

**Please bring a list of your medications with you on the day of your procedure. **