MiraLAX® Gatorade® Colonoscopy Preparation

Preparing for your procedure

Your colonoscopy is with: _____

Your test is scheduled for: _____
Day *Date*

Please check in at: _____ a.m./p.m.

Please show your current insurance card and photo ID at check-in. If required, copayments are due at this time.

To make sure your colonoscopy provides the most accurate information, your colon must be clean and free of stool. It is very important to follow these instructions exactly as your doctor directs or your procedure may be cancelled. To properly clean your colon, you need to begin preparing for your colonoscopy *seven* days before the procedure.

Seven days before your procedure

- Arrange to have an adult drive you to the procedure and back home. Do not travel by bus, taxi or motorcycle. Your driver or another adult should stay at the center while you have your procedure.
- Purchase the following laxatives available at most pharmacies:
  - » MiraLAX® – 8.3-ounce (283 grams) bottle
  - » Bisacodyl® – 4 tablets that must contain 5 milligrams of Bisacodyl, such as Dulcolax® tablets (Do not use Dulcolax® stool softener.)
  - » magnesium citrate – 10-ounce bottle
- Also purchase a 64-ounce bottle of Gatorade® noncarbonated sports drink.
  - » Use green, yellow or clear flavors; regular Gatorade and Gatorade G2 also are OK. – **No red- or purple-colored flavors**.
  - » Do not use powdered Gatorade.
- Stop taking the following medications:
  - » aspirin, ibuprofen (Advil®, Motrin®), naproxen (Aleve®) and arthritis medications – You may take acetaminophen (Tylenol®).
  - » Metamucil® or Fibercon® fiber supplements
  - » multivitamins and other medications with iron

Five days before your procedure

- Talk to your doctor before stopping any of the following medications:
  - » warfarin (Coumadin®)
  - » clopidogrel bisulfate (Plavix®)
  - » ticlopidine (Ticlid®)
- Talk to your doctor if you have:
  - » insulin-controlled diabetes
  - » heart valve disease
  - » heart valve replacement

Three days before your procedure

- Start eating a low-fiber diet.
- Do not eat any high-fiber foods including:
  - » raw fruits or vegetables
  - » whole-wheat products
  - » nuts or popcorn
  - » bran products

continued

Two days before your procedure

- Continue the low-fiber diet.
- Drink at least eight glasses of water throughout the day. Cross out each square as you drink a glass.

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- Do not drink any alcoholic beverages.
- Complete the family health history form provided along with these instructions.

One day before your procedure

- Begin a clear liquid diet – **no red or purple liquids**. You may have:
  - » water, clear broth or bouillon
  - » coffee or tea without milk or nondairy creamer
  - » Gatorade, Pedialyte® and carbonated and noncarbonated soft drinks, Kool-Aid® or other fruit-flavored drinks and strained fruit juices (no pulp)
  - » Jell-O®, popsicles and hard candy
- Drink at least eight glasses of water throughout the day. Cross out each square as you drink a glass.

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- At 5 p.m., take 4 Dulcolax tablets.
- At 6 p.m., pour out 8 ounces of Gatorade from the 64-ounce bottle and then empty the remaining Gatorade into a large pitcher. Add the full bottle of MiraLAX and mix.
  - » Drink one 8-ounce glass of the mixture.
  - » Continue drinking one 8-ounce glass of the mixture every 15 minutes until it is gone.
  - » If you experience nausea or vomiting, rinse your mouth with water, take a 15- to 30-minute break and then continue drinking the mixture. Expect to have diarrhea.
- You may continue to drink clear liquids up until you begin drinking the magnesium citrate the day of your procedure.

Day of your procedure

- Four hours before leaving home for the procedure, drink the 10-ounce bottle of magnesium citrate.
- Stop drinking any clear liquids when you have finished drinking the magnesium citrate.
- You may take your morning medications with half a glass of water.
- Your stool should be clear or yellow liquid. If you are unsure if your colon is clean, call Endoscopy at 952-993-5366.
- Bring your:
  - » insurance card
  - » picture ID
  - » completed family health history form
  - » driver to accompany you home (Do not travel by air for 24 hours after the procedure.)

Telephone numbers

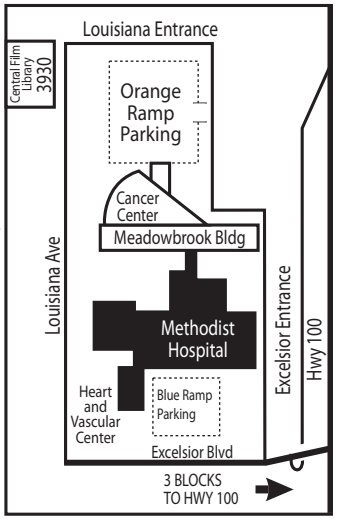
Park Nicollet Digestive and Endoscopy Center
Weekdays, 8 a.m. to 5 p.m.
952-993-1342

Please call if you have questions. A nurse will call you back.

To cancel or reschedule your colonoscopy, please call at least two days before the day of your procedure.

Location

Digestive and Endoscopy Center
Park Nicollet Heart and Vascular Center
Fourth Floor, Suite 4-820
6500 Excelsior Blvd.
St. Louis Park, MN



Take Hwy. 100 to Excelsior Blvd. Go west about half a mile. Enter the Heart and Vascular Center at 6500 Excelsior Blvd. Park in the Blue Ramp and take the walkway to the center. Take the elevator to the fourth floor and check in at the reception desk. Bring your parking ticket into the center to be validated at the reception for a reduced parking fee.

Park Nicollet

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