



Colonoscopy Preparation Instructions: Two Day Miralax/ Magnesium Citrate Bowel Prep

Name: _____
Procedure: Colonoscopy
Physician: _____.
Location: Mather Hospital Advanced Surgery Center of LI
Date of Procedure: _____/_____/_____
Arrive at: _____ am / pm _____.

Please note: As a courtesy to other patients and to your doctor, please call as soon as possible at (631) 978-7700 if you are unable to keep your appointment.

****Attention****

Your procedure time is not finalized until the day prior to your scheduled date. You will be called the day before the procedure with a final procedure time and a final time to arrive at the Endoscopy Location. Due to scheduling needs of the 2 facilities where these procedures are performed, your procedure time given today may be changed. Usually this means that your procedure time will be moved up earlier in the day. Additionally, the facilities may call to obtain medical and insurance information to expedite authorization for your procedure. You **MUST** respond to these phone calls.

Colonoscopy is a routine, safe, pain-free procedure used to examine the colon (large intestine). In order for your doctor to get the best examination possible, your bowel will need to be cleaned out; any stool remaining in the colon can hide lesions and may result in the need to repeat the colonoscopy.

AS SOON AS POSSIBLE

1. Make arrangements for a responsible adult to accompany you when leaving the procedure, even if you taking public transportation. **Your procedure may be canceled if we cannot confirm your transportation on the day of the procedure. Taxi and Uber® drivers are not acceptable.**
2. If you take any medications that increase your risk of bleeding, you must ask the prescribing doctor when to stop taking the medication before the procedure. The most common of these medications include but are not limited to:
 - Warfarin (Coumadin®)
 - Clopidogrel (Plavix®)
 - Ticagrelor (Brilinta®)
 - Effient (Prasugrel®)
 - Rivaroxaban (Xarelto®)
 - Apixaban (Eliquis®)
 - Dabigatran (Pradaxa®)
 - Enoxaparin (Lovenox®)
 - Alleve, Naprosyn, Ibuprofen, Motrin, Advil, Mobic, Celebrex and other Non-steroidal Anti-Inflammatory Drugs (NSAIDs)

You may continue taking aspirin unless otherwise instructed

3. For patients with diabetes
 - Talk to your diabetes doctor about adjusting the dose of insulin the day before your procedure
 - If you use an insulin pump, a letter from your endocrinologist giving clear instructions on adjustments for basal rate before and during the procedure will be required.
 - If you use oral diabetes medications, do not take these medications on the morning of your procedure
4. If you have a pacemaker or defibrillator, please make sure your doctor is aware and bring the device card with you to your procedure

5 DAYS PRIOR TO COLONOSCOPY

- Buy one 238g bottle of Miralax®, 2 Bottles of the 10oz Magnesium Citrate (not the cherry flavor) and 4 Dulcolax tablets (5mg each). Also purchase 64 ounces of your favorite clear liquid (see list below)
- Go to www.miralax.com/coupons-and-offers for a savings coupon
- Stop taking any iron supplements, herbal medications or fish oil
- Avoid eating any nuts or seeds including poppy seeds, sesame seeds and sunflower seeds, any fruits or vegetables with seeds, or corn
- Call the Admitting Office at (631) 978-7700 and provide your insurance information

2 DAYS PRIOR TO COLONOSCOPY

- Confirm your transportation for the day of your procedure. Please call if you need to reschedule your procedure
- **Do not eat any solid or soft food. Drink plenty of clear liquids (able to be seen through when poured into a glass) throughout the day to prevent dehydration from the bowel preparation.** You may also eat/drink dairy products such as milk or plain ice cream. Do not drink alcohol.

Examples of clear liquids include:

- | | |
|--|---|
| ✓ Water | ✓ Gatorade®, Powerade® or similar sports drink (no red or purple) |
| ✓ Clear juices without pulp (apple or white grape juice) | ✓ Ginger-ale or Lemon-lime soda (7-Up® or Sprite®) |
| ✓ Clear soup broth or bouillon | ✓ Jell-O® (no red or purple) |
| ✓ Tea or coffee | ✓ Popsicles (no red or purple) |
- **At 5PM, drink one 10oz bottle of Magnesium citrate followed by 3 glasses of water**
 - **At 10PM, drink the second bottle of Magnesium Citrate followed by another 3 glasses of water.**

1 DAY BEFORE YOUR COLONOSCOPY

- Continue the same liquid diet you took the day prior
- Mix the large bottle of Miralax into a pitcher with 64oz of clear liquid, shake until mixed well and place in refrigerator.
- **At 4PM**, take the 4 Dulcolax tablets with water
- **At 6PM**, drink half of the prepared pitcher (32oz) over 1-2 hours
 - It is normal to feel full and bloated during the prep
 - If you experience vomiting, stop taking the prep, wait 30 minutes and then restart and drink it slowly. If you vomit again, call our office (631) 978-7700
- Continue to drink clear liquids throughout the evening



ON THE DAY OF YOUR COLONOSCOPY

Before leaving home

- **6 hours before your scheduled procedure time**, drink the second half of the prepared pitcher. Depending on the time of your procedure, this might be in the middle of the night. Correct timing is essential for an optimal bowel prep – set an alarm clock if necessary.
- All prep and clear liquids should be finished 5 hours before the procedure time
- **No gum or hard candies**
- **Take your heart and blood pressure medications with a sip of water on the day of your procedure.**
- **Do not take any insulin or oral diabetes medications**
- Bring a list of your current medications
- Bring your defibrillator/pacemaker card if you have one
- Wear comfortable loose fitting clothing and flat shoes or sneakers.
- Do not wear jewelry or bring any valuables
- Do not wear contact lenses
- Report to:
 - Mather Hospital
Cody Ambulatory & Inpatient
Surgical Pavilion
75 North Country Road
Port Jefferson, NY 11777
 - Advanced Surgery Center of
Long Island.
1500 Route 112
Building 5
Port Jefferson Station, NY 11776

1 Hour Before Your Scheduled Procedure Time

- You should expect to be at the facility for approximately 2-2.5 hours from time of registration to discharge from the endoscopy suite