

**Center for Gastroenterology and Metabolic Diseases**

**Seneca Hill Health Services Center**

[**www.oswegohealth.org/gastro**](http://www.oswegohealth.org/gastro)

**Phone: (315) 312-0089**

**105 County Route 45 A, Suite 400 Oswego, NY 13126**

Name DOB

**MIRALAX 2 DAY Colonoscopy Preparation Instructions and/or Upper Endoscopy (EGD)**

**IT IS VERY IMPORTANT THAT YOU FOLLOW ALL INSTRUCTIONS FOR YOUR BOWEL PREP. FAILURE TO DO SO MAY RESULT IN THE NEED TO REPEAT YOUR COLONOSCOPY AND A REPEAT MAY NOT BE COVERED BY YOUR INSURANCE.**

**Date of Procedure:** **Time:** You will receive a call from the Surgery Center with your procedure arrival time the last business day before your procedure. If you should need this time sooner please call the Surgery Center at (315) 3495597.

If you are unable to keep your colonoscopy appointment please give us 72 hours’ notice so that we may try and find another patient to take your place. Appointments cancelled less than 72 hours before your procedure are subject to a

$150 cancellation fee. If your appointment was more than 30 days ago you may be required to have another appointment to update your office note.

You must **arrive 1 hour prior** to your procedure time to allow for registration and intake by the Surgery Center. You will report to Oswego Hospital Surgery Center located at 110 W. 6th St. Oswego, NY 13126. **You will need a driver,** you are not able to drive or work for 24 hours after your colonoscopy. **You must have a family member/friend accompany you home.** The surgery center will not allow you to have the procedure if you do not have a support person for after the procedure. Please plan to be at the hospital approximately 4 hours from the time you arrive, to the time you leave.

**Medications:**

You can take all necessary medications with a sip of water, at least 2 hours before your arrival time. This means any blood pressure, heart medication (other than blood thinners or NSAIDS), cholesterol, thyroid, anxiety, and depression or seizure medications.

If you take blood thinners;

* **STOP** ASPIRIN, PLAVIX, MOTRIN, IBUPROFEN, ALEVE, EXCEDRIN, VITAMIN E, ADVIL, MELOXICAM, CELEBREX, 5 days before your procedure if you are not comfortable doing so please contact the prescribing doctor
* **STOP** COUMADIN, PRADAXA AND BRILINTA, 3 days before your procedure if you are not comfortable doing so please contact the prescribing doctor
* **STOP** XARELTO and ELIQUIS for 2 days before your procedure, if you are not comfortable doing so please contact the prescribing doctor
* **STOP** IRON PILLS (prescribed or over the counter including multivitamins with iron) 7 days before your procedure

If you are diabetic; please call the doctor that manages your diabetes and let them know you will be prepping for a colonoscopy. They will advise you on instructions for adjusting your medication during your prep.

**Preparation**

Pick up your Miralax prep – **NOW**, call the pharmacy to ensure it is ready. While you are at the pharmacy, you will need to purchase: **(1) 10 ounce bottle of Magnesium Citrate and (1) box of Dulcolax laxative pills.** These are available over the counter: **we will not be sending a prescription for these.** You will take 1 bottle of Magnesium Citrate and 4 Dulcolax pills **2 days before your scheduled colonoscopy at a time that is convenient for you.** This is in addition to your prescription colonoscopy prep. You will also need **(2) 32 ounce bottles of Gatorade**, any flavor is fine as long as it is NOT RED. You will need this to mix your prep the day before your procedure, instructions below.

**3 days before your Colonoscopy** you will follow a strict low fiber diet as indicated on the low fiber diet sheet. This can be found at [www.oswegohealth.org/gastro](http://www.oswegohealth.org/gastro) or contact the office for a printed copy.

**2 days before your Colonoscopy** you will drink the entire bottle of Magnesium Citrate and take 4 Dulcolax pills at a time that is good for you.

**For 2 DAYS before your colonoscopy,** from the moment you wake you will be on a clear liquid diet for the entire 2 days. You CAN NOT eat solid food from this point until after your colonoscopy.

Drink plenty of clear liquids both days and evenings to prevent dehydration & headache.

**Clear liquids (no red colors or dyes) include**: water, clear soda (ginger ale, 7-up, Sprite, Sierra Mist), clear fruit juices (apple, white cranberry, white grape juice), beef or chicken bouillon, tea, Gatorade, popsicles and Jell-O.

* YOU CAN drink black coffee and tea (no milk, no cream, sugar is ok)
* DO NOT drink orange juice or orange juice products
* DO NOT eat ANY solid foods
* DO NOT add fruit to Jell-O
* DO NOT drink milk or milk products or artificial creamer
* DO NOT drink any alcoholic beverages

**If you receive a prep other than what is listed below please visit,** [**www.oswegohealth.org/gastro**](http://www.oswegohealth.org/gastro) **for a list of other available preps.**

**Miralax: The morning before** your colonoscopy you will mix 238g of Miralax powder with 64 ounces of Gatorade. You will need to stir or shake this for quite some time to make sure the Miralax powder is fully dissolved. **At 4:00 pm** you take 4 Dulcolax pills. **At 5:00 pm** you will drink 32 ounces of the Gatorade/Miralax solution over the next hour. Continue drinking plenty of clear liquids for the remainder of the night. **The morning of your procedure**, 6 hours prior to arrival time you will drink the other 32 ounces of the Gatorade/Miralax solution over the next hour. By this point you should be passing clear to clear yellow liquid from your rectum.

4 hours prior to your arrival nothing by mouth (with the exception of a sip of water with medications) until after your procedure is over.

**If this was a routine procedure and you were not having any problems please call our office 1 week after your procedure and speak with the nurse for results at (315) 312-0089 option 4.**