

**COLONOSCOPY PREPARATION INSTRUCTIONS FOR PATIENTS WITH CONSTIPATION**  
**TWO-DAY MAGNESIUM CITRATE AND MIRALAX PREP**

**The Exam cannot be performed if your colon is not clean. YOU MUST COMPLETE ALL THE PREP**

**AS SOON AS POSSIBLE:**

- **Purchase the following: 1 bottle of Magnesium Citrate, 2 bottles of Miralax, 8.5 oz each, Crystal Light, water or 128 oz. of Gatorade (no red, purple, orange dark blue or contains pulp material)**
- You may take **DRAMAMINE** if nausea develops while taking prep. This is an over the counter medication and should be taken as directed.

**THREE (3) DAYS BEFORE PROCEDURE:**

- Discontinue all blood thinning drugs (prescription and non-prescription), including Coumadin, Plavix, Xarelto, Elequis, Pradaxa, Prasugrel, Brilinta, Cilostazol, Aggrenox, **REMEMBER! The physician that prescribed your blood thinner medication MUST approve this action BEFORE you discontinue these medications when you are taking them for blood thinning. Tylenol may be taken.**

**TWO (2) DAYS BEFORE YOUR PROCEDURE**

- Clear liquid diet all day
- Drink the bottle of Magnesium Citrate first thing in the morning

**CLEAR LIQUID DIET (two days before exam)**

A clear liquid diet consists of clear liquids only. The diet is designed to be easily absorbed, with minimal digestive activity, while leaving as little residue in your colon as possible.

**FOODS TO EAT**

- Water, tea, carbonated beverages, clear juices without pulp
- Clear lemonades or other clear flavored drinks without pulp
- Broths and Jello
- Sugar, honey and syrup (added to tea, etc.)
- Chewing-gum and hard, clear candy

**FOODS NOT TO EAT**

- All solid foods
- Milk or other opaque liquids (liquids you can't see through) and drinks with pulp
- Your drinks, Jellos or hard candies cannot be red, orange, blue or purple in color

**ONE (1) DAY BEFORE YOUR PROCEDURE:**

- Mix Miralax following the directions below. Start drinking the Miralax mixture at noon. Continue drinking the Miralax as instructed below until stool is clear (can see through it)
- Continue clear liquids today. **Do Not Drink** alcoholic beverages

## COLONOSCOPY PREP INSTRUCTIONS-

- Step 1:** Mix your first 8.3 oz. bottle of Miralax in 64 oz. of any clear liquid, even water
- Step 2:** Drink 8 oz. of the Miralax solution until the *entire* 64 oz. is gone
- Step 3:** Mix **half (½)** of your second 8.3 oz. bottle of Miralax in 32 oz. of Gatorade, Crystal Light or water
- Step 4:** Drink 8 oz. of the Miralax solution until the entire 32 oz. is gone and until the stool is clear (can see through it)

**NOTE: If you become nauseated during the prep, stop for one hour and then resume.** To help reduce nausea we recommend you sip 8 ounces of the Prep over a 30 minutes period until all the prep is completed. You must finish **ALL** the prep. Please look in the toilet to see if your results are clear or yellow in color. If not, you will need to take an additional prep until results are clear or yellow in color. If your bottom gets sore during the prep you can use baby wipes, Vaseline, or Desitin for relief. If you receive a different prep for cleansing, go to our website: [www.ridgelinesurgical.com](http://www.ridgelinesurgical.com) for specific prep instructions. If you have questions the day before your procedure concerning your prep, call your physician's office.

**DAY OF YOUR PROCEDURE:** You may have clear fluids up until 2 hours prior to your scheduled procedure.

### **MEDICATIONS:**

- Prescription Medications-**You Can** take your regular medications the day before your exam. **On the day** of your exam, do not take your regular medications unless you have Ok'd it with your physician.
- Blood Pressure and Seizure Medications **Can Be Taken the DAY** of your exam with water, but must be taken at least 4 hours before your exam. Tylenol may be taken.

### **DIABETICS-**

- Test your blood sugar before coming in for your procedure and bring the reading with you.
- **DO NOT** take oral or insulin diabetic medication **THE DAY OF** your exam until after your procedure.

**BRING** your driver's license, insurance card, **completed Patient History form** and a list of any prescription and over-the-counter medications you are taking with you to your exam. **YOU WILL BE SEDATED** during your procedure and you will not **be allowed to drive for 12 hours after so an ADULT MUST accompany you to your appointment to drive you home. If you plan to ride the bus, use "The Ride" or take a taxi, YOU MUST** still have a responsible person over the age of 16 accompany you home.