






Gastroenterology Associates

Gastroenterology and Hepatology

www.gastroassociates.org

COLONOSCOPY PREPARATION INSTRUCTIONS 2 Day – Magnesium Citrate with MiraLAX and Bisacodyl (split dose)

Appointment Day: _____ Date: _____ Arrival Time: _____ AM/PM Doctor: _____

7 Days Before	4 Days Before	2 Days Before	Day Before	Day of Procedure
<p><input checked="" type="checkbox"/> Do NOT take this prep if you have Congestive Heart Failure, Kidney Insufficiency, Kidney Failure or take medication for diabetes; Call our office for further instruction.</p> <p><input checked="" type="checkbox"/> Regarding Aspirin: If you are on aspirin due to a heart problem, previous TIA, stroke, heart attack, blood clots (lung or leg) or other vascular problem, do NOT stop Aspirin. If you are on aspirin for arthritis or simply as a general recommendation, do STOP it for this procedure.</p> <p><input checked="" type="checkbox"/> Tylenol and Acetaminophen are okay to take.</p> <p><input checked="" type="checkbox"/> Purchase <u>all</u> of the following items <u>over-the-counter</u> at your local pharmacy:</p> <ul style="list-style-type: none"> ▪ Magnesium Citrate oral solution, 10 oz. (no red) ▪ MiraLAX (238 grams) <u>and</u> MiraLAX (119 grams) ▪ 4 Generic Bisacodyl tablets (5 mg each tablet). There are several brands and quantities available. If you are not sure, ask the pharmacist to help you find what you need. ▪ 64 oz <u>and</u> 32 oz Gatorade™ (no purple or red color) <p><input checked="" type="checkbox"/> Read Instruction sheet (front and back)</p> <p><input checked="" type="checkbox"/> Read Drivers Responsibilities sheet</p> <p><input checked="" type="checkbox"/> If diabetic, read Pre-Procedure Diabetes Medication Instruction sheet</p>	<p><input checked="" type="checkbox"/> Confirm driver</p> <div style="text-align: center;">  <p>No Driver = No Sedation</p> </div> <p><input checked="" type="checkbox"/> Remember to pre-pay per benefit letter or telephone call</p>	<p><input checked="" type="checkbox"/> Have a light breakfast before 10:00 am, this will be your last solid food until after your exam</p> <p><input checked="" type="checkbox"/> Drink at least 8 glasses of clear liquids throughout the day and evening to stay hydrated</p> <div style="text-align: center;">  <p>Mark off each time you drink an 8 oz glass</p> </div> <p>Clear liquids include apple juice, white grape juice and cranberry juice; beef, chicken or vegetable broth; plain tea, black coffee; soda pop, sports drinks, Gatorade, Crystal Light, Kool-aid, Jell-O, Popsicles, and water (Nothing with red dye such as “red 40”)</p> <p><input checked="" type="checkbox"/> Have a clear liquid lunch and dinner</p> <p><input checked="" type="checkbox"/> No dairy, No juice with pulp, No alcohol</p> <p><input checked="" type="checkbox"/> 4:00 pm drink 10 oz of Magnesium Citrate to help stimulate bowel movements</p>	<p><input checked="" type="checkbox"/> No solid food</p> <p><input checked="" type="checkbox"/> Drink at least 8 glasses of clear liquids throughout the day and evening in addition to the prep below; include two 8 oz servings of salty beef, chicken, or vegetable broth (<u>not</u> low sodium or salt-free variety) to stay hydrated.</p> <p>Clear liquids include apple juice, white grape juice and cranberry juice; beef, chicken or vegetable broth; plain tea, black coffee; soda pop, sports drinks, Gatorade, Crystal Light, Kool-aid, Jell-O, Popsicles, and water (Nothing with red dye such as “red 40”)</p> <p><input checked="" type="checkbox"/> No dairy, No juice with pulp, No alcohol</p> <p><input checked="" type="checkbox"/> At 12:00 noon take 4 Bisacodyl tablets</p> <p><input checked="" type="checkbox"/> Between 3:00 pm and 6:00 pm mix 238 grams of MiraLAX with 64 oz Gatorade™ until dissolved. Drink 8 oz every 15-30 minutes until the entire 64 oz is gone. If you get nauseated while drinking, stop for 1 hour, walk around, and then start again at a slower pace.</p> <div style="text-align: center;">  <p>Mark off each time you drink an 8 oz glass</p> </div> <p><input checked="" type="checkbox"/> If you are on Lovenox injections, stop 12 hours before appointment</p>	<p><input type="checkbox"/> If Arrival Time is before 11:00 am: At 3:00 am mix 119 grams of MiraLAX in 32 oz Gatorade™ until dissolved. Drink 8 oz every 15-30 minutes until the entire bottle is gone.  If you get nauseated while drinking, stop for 1 hour, walk around, and then start again at a slower pace. Finish no later than 5:00 am. <u>Do not drink anything after 5:00 am.</u></p> <p><input type="checkbox"/> If Arrival Time is after 11:00 am: At 7:00 am mix 119 grams of MiraLAX in 32 oz Gatorade™ until dissolved. Drink 8 oz every 15-30 minutes until the entire bottle is gone.  If you get nauseated while drinking, stop for 1 hour, walk around, and then start again at a slower pace. Finish no later than 9:00 am. <u>Do not drink anything after 9:00 am.</u></p> <p><input checked="" type="checkbox"/> DO take blood pressure, heart, lung, seizure, and psychiatric medication</p> <p><input checked="" type="checkbox"/> Wear comfortable clothing, including socks, to keep your feet warm</p> <p><input checked="" type="checkbox"/> Do not wear jewelry, tight belts, pantyhose, cologne or perfume</p> <p><input checked="" type="checkbox"/> Leave money and other valuables at home</p> <p><input checked="" type="checkbox"/> Your driver must remain in the Endoscopy waiting area during your stay, approximately 2-2½ hours from your arrival time</p> <p><input checked="" type="checkbox"/> Bring insurance card(s), co-pay (if required), and driver's license or photo ID</p>
<p>Special Instructions: Hold the following medications as indicated ONLY IF CHECKED BELOW:</p> <p><input type="checkbox"/> Antiplatelet agents such as: Aggrenox, Plavix, Clopidogrel for _____ days before procedure</p> <p><input type="checkbox"/> Blood thinners such as: Warfarin, Coumadin for _____ days before procedure</p> <p>You will be given instructions about when to restart this medication after your procedure. Call our office if you do not receive those written instructions.</p>				

If you have questions call (360) 413-8250 *Read back of this form for tips and other information*****

Location, Tips and Other Information

Your procedure is scheduled at:

- Gastroenterology Associates Endoscopy Center (360) 413-8250**
Memorial Medical Plaza, Suite 150 (1st Floor, turn left inside Main Entrance)
500 Lilly Road N.E., Suite 150, Olympia, WA 98506
- Providence St. Peter Hospital Endoscopy Center (360) 413-8250**
413 Lilly Road N.E., Olympia, WA 98506 (Admission Desk in Main Lobby)
- Mason General Hospital (360) 427-2733**
901 Mountain View Drive, Shelton, WA 98584 (Front Desk in Main Lobby)

Your Prep is the Key to a Successful Colonoscopy:

The colon must be completely clean of waste material prior to your procedure. Follow these preparation instructions very carefully, as any remaining stool can obscure visualization of the lining of the colon which will interfere with our ability to provide you with a complete examination and could necessitate rescheduling of the procedure.

In Planning Your Procedure, Have You Told Us If You:

- Could be pregnant
- Have had a recent hospitalization or major health event

Mixing Your Bowel Preparation:

- MiraLAX is a type of PEG 3350 oral solution. Although instructions may be included with the container, **MIX** preparation according to instructions on the front side of this form.
- If you prefer to drink your fluid chilled, you may mix your preparation earlier in the day and place it in the refrigerator.

Taking Your Bowel Preparation:

- Colonoscopy preparation can very rarely cause a potentially life-threatening sodium or magnesium imbalance. It is very important to drink clear liquids as instructed to stay hydrated.
- Bowel movements will be different for everyone, but will eventually become watery. Some people have diarrhea soon after taking the Bisacodyl tablets and some people don't have diarrhea until they start drinking the liquid preparation later in the evening. Some amount of yellow/green color and brown bits is normal.
- Flushable wet wipes instead of toilet paper may make you more comfortable.
- It is normal to feel chilled while drinking the preparation. A warm shower or warm clothing may make you more comfortable.
- If you become nauseated while drinking the liquid preparation, stop for 1 hour, walk around, and then start drinking again at a slower pace.
- Drink the full amount of preparation, even if it takes more time. Using a straw may help you get it down easier.
- If you are unable to drink the prep or have not had good results, please contact our office at (360) 413-8250 after 6:30 am.

On Your Procedure Day:

- You must bring a driver at least 18 years of age with you to your procedure. We ask that your companion remain in the Endoscopy Center waiting area throughout your procedure and recovery (Read the Driver's Responsibilities form included).
- Plan to be here 2-2 ½ hours. Procedure time will be much less than that.
- Your judgment and reflexes may be impaired due to the sedatives you will receive. You will not be able to drive, operate machinery, sign legal documents, drink alcoholic beverages, or go to work until the following day.
- We discourage going "out" to eat at a restaurant after your procedure; plan your first meal at home.
- At Gastroenterology Associates Endoscopy Center in Olympia you may wear a short sleeved shirt during your procedure.

Visit our Website at www.gastroassociates.org to take a picture tour of our facility or obtain more information

Read front of this form for full instructions