

COLONOSCOPY PREPARATION INSTRUCTIONS

Please read this entire document to ensure your **MIRALAX** bowel preparation is correctly performed

STEP 1

7 DAYS BEFORE PROCEDURE

DO

- Ensure you have the following supplies sent to your pharmacy
- Follow the instructions we have provided
- You should have received:
 - Bottle of **MIRALAX (238gm)**
 - **DULCOLAX** or **SENNA** tablets
 - IF you have constipation, please also obtain (1) 10oz bottle of **MAGNESIUM CITRATE**

DON'T

- Inject your weekly GLP-1
- Take your **PRESCRIBED BLOOD THINNER**. You will have been given instructions on when to hold this medication prior to your procedure. ***If you have not been given specific instructions, please immediately call us at (530) 246-7000***

STEP 2

2 DAYS BEFORE PROCEDURE

DO

- For Patients who suffer from **CONSTIPATION ONLY**: Drink a 10oz bottle of **MAGNESIUM CITRATE** today
- Confirm you have a driver on procedure day.

DON'T

- Eat high fiber foods/roughage (You will be on a **Low Residue diet** today and transition to a **Soft Diet tomorrow**)
- Avoid nuts and seeds

STEP 3

1 DAY BEFORE PROCEDURE

DO

Start a **Clear Liquid Diet** in the morning and continue until 3 hours prior to your procedure.
If you are on any diabetic meds please refer to the Diabetic Med Guide provided in your Prep Package or found on our website www.reddingendoscopy.com

Lunch: Take two (2) **DULCOLAX** or **SENNA** tablets

Starting at 4PM:

- Mix **MIRALAX** into a 1/2 gallon of a clear liquid of your choice (nothing red, purple or orange)
- Drink over a two (2) hour period or less
- Bowel movements usually occur 1 to 3 hours after starting the procedure.
- Feelings of bloating and/or nausea are common. If you have these symptoms, stop drinking the prep for 30 minutes then try again at a slower rate: 8 oz every 15-20 min

At 8PM: Take two (2) **DULCOLAX** or **SENNA** tablets

****YOU MAY DRINK CLEAR LIQUIDS UP UNTIL 3 HOURS BEFORE YOUR PROCEDURE****

DON'T

Eat Solid Food or drink Dairy Products, Alcohol, Red/Purple Colored Products

STEP 4

DAY OF PROCEDURE

DO

Take your regular morning medications with small sips of water. **ESPECIALLY your BLOOD PRESSURE MEDS**
Refer to the Diabetic Med Guide

DON'T

Eat Solid Food or drink Dairy Products, Alcohol, Red/Purple Colored Products

At 6AM: Take two (2) **DULCOLAX** or **SENNA** tabs

Your bowel movements should be: liquid and clear/yellow or urine-like

3 HOURS BEFORE Arrival:

- STOP ALL LIQUIDS
- NO gum, mints, hard candy, marijuana, cigarettes, chewing tobacco

If you have any preparation issues or questions, contact the Procedure Center at 530-246-7000

**REDDING
ENDOSCOPY
CENTER**