



Dr. Jignesh Patel M.D., Board Certified Gastroenterologist

727-372-4500

## Colonoscopy with Miralax / Magnesium Citrate Prep

Procedure Date \_\_\_\_\_

Follow up appointment \_\_\_\_\_

**The surgery center will contact you with the time of your procedure the day before your procedure date**

Baycare Surgery Center

New Port Richey Surgery Center

2020 Trinity Oaks Blvd

9332 Sr. 54 Ste. 100

Trinity, FL 34655

Trinity, FL 34655

727-372-4055

727-848-0446

### **Purchase at the Pharmacy / Grocery Store the following prep items:**

- Miralax-238g bottle
- Magnesium Citrate-10oz bottle
- Dulcolax laxative pills
- Gatorade or Crystal Light ( No Dark Colors)

### **Preparation:**

Colonoscopy is an examination of the colon (large bowel) with a flexible tube about the thickness of your pinkie finger, which transmits a live color image onto a television screen. There are many things a person would rather do than undergo a bowel prep for a colonoscopy, but your efforts at cleansing your colon are essential for an accurate procedure.

### **Stop 5 days prior to the procedure**

**DO NOT** take iron pills or medications that may cause bleeding. These medications include: Plavix, Coumadin, and Aspirin. You **MUST** stop any anti-inflammatory type drugs including: Aspirin, Ibuprofen, Motrin, Advil, Naprosyn, Naproxen, and Diclofenac.

- **TYLENOL** is safe to use prior to this procedure.

## **One day before the procedure:**

Take **ONLY** clear liquids all day. **Avoid ALL dairy** products and juices with pulp

**Soups:** Clear broth      **Sports drinks:** Gatorade, Powerade (no dark colors)      **Desserts:** Popsicles, Jello

**Juice:** White cranberry, white grape, apple, lemonade      **Beverages:** Tea, coffee (no cream/milk or sugar)

**Please follow the directions below for your prep**

### **Instructions for One Day before Procedure**

- **5:00 pm** take 4 Dulcolax tablets with a glass of 8oz water
- **5:30 pm** drink 10oz bottle of Magnesium Citrate by mouth (it may be chilled for easier consumption)
- **6:00 pm** mix the entire 238g bottle of Miralax with the 64oz bottle of Gatorade or Crystal Lite in a pitcher and mix thoroughly. Drink an 8oz glass of the solution every 10-15 minutes until gone.

It usually takes about an hour to begin to notice the diarrhea affect. You may notice some bloating or cramping at the beginning of the prep, however, this feeling will subside once the diarrhea begins.

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### **Commonly asked Questions:**

#### **How do I know if my prep is adequate?**

The stool should be a watery consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick. It is important to increase your fluid intake while consuming the PREP. Many have found that drinking the prep through a straw and chilled helps the solution be consumed easier.

#### **What side effects may I expect?**

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some will develop nausea with vomiting.

It usually takes about an hour to begin to notice the diarrhea affect. You may notice some bloating or cramping at the beginning of the prep, however, this feeling will subside once the diarrhea begins.

The best remedy for this is to take a break for about an hour to allow it to move downstream, and then resume the prep at a slower rate until finished.

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### **Day of the Procedure:**

If you take medication, you can take it with a sip of water in the morning before your procedure.

You must have someone drive you to and from the procedure as you are **not allowed to drive**.

**Please contact the office with any questions or concerns you may have. If you need to cancel please give a 48 hour notice or there will be a \$100 charge. Thank you.**