



**CAPITAL
DIGESTIVE
CARESM**

First in Digestive Health

Birns, Gloger, Witten, Bhinder & Strongin, MD

Patient Name: _____

INSTRUCTIONS FOR COLONOSCOPY MIRALAX/MAGNESIUM CITRATE/DULCOLAX

Date: _____ Time of Procedure: _____

Arrival Time: _____ with Dr. _____

Location: _____ **Urbana GI Endoscopy Center –**

3280 Urbana Pike # 104 Ijamsville, MD 21754

Phone # 240-436-6440

_____ **GIEA-**

15005 Shady Grove Rd #200 Rockville, MD 20850

Phone #301-340-8099

_____ **Shady Grove Hospital, Outpatient-**

9901 Medical Center Dr., Rockville, MD 20850

Phone #240-826-7541

You must have someone drive you home. If you plan to take a taxi home, you must have someone accompany you. You will be ready to be discharged ½ to 1 hour after your procedure is complete.

You will receive a pre-op call prior to your procedure. If you do not, please call the office/center and make them aware.

Please leave all valuables and jewelry at home and avoid wearing perfume/cologne or lotions.

Please remember we require 72 hours notice for cancellations or rescheduled appointments. If you fail to give 72 hours notice you may be charged a cancellation

ONE WEEK BEFORE THE PROCEDURE

You may take Tylenol as needed.

There are some medications to be held prior to your procedure.

- **Aspirin or Aspirin products** (including Excedrin) should be held for 1 week prior to the procedure. If prescribed by a physician, consult with that doctor first about your ability to safely hold these medications.
- **NSAIDS (Nonsteroidal Anti-Inflammatory Drugs)** such as Advil, Motrin, Aleve, etc. should be held for 3 days prior to your procedure.
- **Prescribed NSAIDS** (Voltaren, Relafen, Celebrex, Indocin, etc) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to your procedure.
- **Blood Thinners** (Coumadin, Plavix, Persantine, Pradaxa, Xarelto, Aggrenox, etc.) should be discussed with your prescribing physician to see they can be safely held and appropriate time to stop them.
- All diabetic patients taking **insulin/oral hypoglycemic medications** should contact your prescribing physician regarding holding these medications prior to your procedure.

YOU WILL NEED

- 64 oz. of clear liquid products listed, please use a sugar free product, such as Crystal Light if you are a diabetic.
- 1 bottle (8.3 oz.), MIRALAX
- 2 bottles of Magnesium Citrate – 10 oz. each (one if your procedure is before 11 am)
- 4 (5 mg) Bisacodyl (Dulcolax) laxative tablets

5 DAYS PRIOR TO THE PROCEDURE

Stop eating high fiber foods and fiber supplements (including nuts, popcorn, corn, raw fruits, raw vegetables and bran). *Cooked vegetables and fruits are acceptable.*

DAY BEFORE	You must be on a clear liquid diet the entire day before your procedure (no solid foods) DO NOT DRINK MILK, MILK SHAKES OR ALCOHOLIC BEVERAGES.
At 4:00 pm	Take 2 of the Bisacodyl (Dulcolax) pills. Mix the entire bottle of PEG 3350 (8.3 oz.), (generic for MIRALAX) with 64 oz. of clear liquid in a large pitcher. Drink one 8 oz. glass of solution every 15-30 minutes until the solution is finished.
4:15 pm	Drink 1- 8 oz. glass of solution every 15-30 minutes until the solution is finished
At 6:00 pm	Take the other 2 Bisacodyl (Dulcolax) pills
At 10:00 pm	Drink 1 bottle of the Magnesium Citrate and continue to drink clear liquids up to 4 hours prior to your procedure time.
DAY OF PROCEDURE (If procedure is after 11 am)	NO SOLID FOOD, CLEAR LIQUIDS ONLY- CLEAR LIQUIDS ONLY UNTIL 4 HOURS PRIOR TO YOUR PROCEDURE
At _____AM	Drink the 10-oz. bottle of Magnesium Citrate (4 hours prior to your procedure) you may continue drinking clear liquids UP to 4 hours prior to your scheduled procedure time.

Any of the following clear liquids are OK:

Water, Strained fruit juices (without pulp) including apple, white grape, or white cranberry
Limeade or Lemonade

Coffee or Tea (DO NOT use any dairy or non-dairy creamer)

Clear broth (beef, chicken, or vegetable) with or without salt or pepper

Gatorade, PowerAde or Vitamin Water type products

Time of Procedure	Nothing After	Time of Procedure	Nothing After
8:00 a.m.	4:00 a.m.	12:00 p.m.	8:00 a.m.
9:00 a.m.	5:00 a.m.	1:00 p.m.	9:00 a.m.
10:00 a.m.	6:00 a.m.	2:00 p.m.	10:00 a.m.
11:00 a.m.	7:00 a.m.	3:00 p.m.	11:00 a.m.

The purpose of this prep is to clean your colon. Your bowels should run clear. **We recommend coating the rectal area with VASELINE to protect the skin from chaffing while prepping. *****You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat, drink, smoke, or chew 4 hours prior to the procedure.** If any problems or questions arise, please call our office at 301-251-1244 during normal business hours.