



Birns, Gloger, Witten, Bhinder & Strongin, MD

Patient Name: _____

INSTRUCTIONS FOR COLONOSCOPY PREP KIT

PEG 3350 (MIRALAX) / MAGNESIUM CITRATE (no dulcolax)

Date: _____ Time of Procedure: _____

Arrival Time: _____ with Dr. _____

Location:

_____ **Urbana GI Endoscopy Center** – 3280 Urbana Pike # 104
Phone Number 240-436-6440

_____ **GIEA-** 15005 Shady Grove Rd # 200
Phone Number 301-340-8099

_____ **Shady Grove Adventist Hospital, Outpatient Surgery Center**
9901 Medical Center Dr, Rockville, MD 20850
Phone Number 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 remember we require 72-hour notice for cancellations or rescheduled appointments. If you fail to give 72 hours' notice you may be charged a cancellation fee.

Please leave all valuables and jewelry at home. In addition, please refrain from wearing lotions and perfume/cologne.

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 if they can be safely held and an 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 on the back, *please use a sugar free product like Crystal Light if you are diabetic*
- 1 Bottle PEG 3350 (8.3 oz.), (generic for MIRALAX) & 2 Bottles of Magnesium Citrate (10 oz)

5 DAYS PRIOR TO THE PROCEDURE

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

DAY BEFORE THE PROCEDURE

You must be on a **clear liquid diet** the entire day before your procedure (**no solid foods**)

DO NOT drink milk, shakes, etc.

DO NOT drink alcoholic beverages

Any of the following clear liquids are OK

Water

Strained fruit juices (without pulp) including apple, orange, grape, or 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

Crystal Light

DAY BEFORE	
4:00 pm	Mix the entire bottle of PEG 3350 (8.3 oz.), (generic for MIRALAX) with 64 oz. of clear liquid in a large pitcher
4:15 pm	Drink 1- 8 oz. glass of solution every 15-30 minutes until the solution is finished
10:00 pm	Drink 1 bottle of Magnesium Citrate and continue to drink clear liquids up to 4 hours prior to your procedure.
DAY OF PROCEDURE	
At _____AM	Drink the 10-oz. bottle of Magnesium Citrate, you may continue drinking clear liquids up to 4 hours prior to your scheduled procedure time.

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 or 301-810-5252 during normal business hours.