



Birns, Gloger, Witten, Bhinder & Strongin, MD

Patient Name: _____

INSTRUCTIONS FOR COLONOSCOPY 2- DAY MIRALAX PREP/ MAGNESIUM CITRATE PREP FOR DIABETICS

Date: _____ Time of Procedure: _____

Arrival Time: _____ with Dr. _____

Location: _____ **Urbana GI Endoscopy Center** – Phone # 240-436-6440
3280 Urbana Pike # 104 Ijamsville, MD 21754
_____ **GIEA** – Phone # 301-340-8099
15005 Shady Grove Rd # 200 Rockville, MD 20850
_____ **Shady Grove Hospital, Outpatient**–Phone # 240-826-7541
9901 Medical Center Dr Rockville, MD 20850

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

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

Please leave all valuables and jewelry at home. Refrain from wearing cologne, perfume and 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 fee.

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.

PLEASE CONFIRM WITH YOUR ENDOCRINOLOGIST

Please ask your Endocrinologist to review this prep with your current Diabetic maintenance medications prior to your Procedure. Refer to your Endocrinologist regarding possible need for adjustments to your Insulin intake or Diabetic medications

You need to purchase the following products to take the day before your procedure:

All products are over the counter / no prescriptions required

1. One bottle of Miralax powder (8.3 oz. or 238 grams)
 2. 8 Dulcolax tablets (generic name Bisacodyl, 5mg tablets)
 3. One 10 oz bottle of Magnesium Citrate (over the counter)
 4. One 64 oz or (2) 32 oz. bottles of Gatorade OR Crystal Light
- DO NOT USE CARBONATED BEVERAGES TO MIX YOUR PREP

DAY BEFORE THE PROCEDURE – DRINK ONLY CLEAR LIQUIDS-NO SOLID FOOD

Suggestions for your Clear Liquid Diet:

- √ Coffee or tea with or without sugar/ artificial sweetener (but no milk products or cream substitutes)
- √ Gatorade or Powerade
- √ Clear fruit juice, meaning no juices with pulp
- √ Clear broth (beef, chicken, or vegetable) with or without salt and pepper
- √ Water or Vitamin Water

This is the laxative dosing regimen you must follow the days prior to your procedure.

Day ONE –

Breakfast	Light Meal – such as cereal, toast
Lunch	Light Meal – such as clear soup – no vegetables, no rice
12:00 pm	Drink 5 oz bottle of Magnesium Citrate
6:00 pm	Drink 5 oz bottle of Magnesium Citrate
ALL DAY	Be sure to keep track of the Calories you are drinking- You must intake 1200 cal of fluids such as juice and clear soups each day

Day TWO -

Step 1 (Mix the Solution up to 48 hours before the procedure)	Mix the 8.3 oz. or 238 gram bottle of Miralax in the 64 oz. of Gatorade or Crystal Light. Shake the solution until the Miralax powder is completely dissolved. Keep refrigerated and use within 48 hours.
Step 2 4:00 pm	Take four (4) Dulcolax (generic name Bisacodyl) tablets.
Step 3 4:15 pm	Drink the solution (about 8 glasses) Drink one (1) 8 oz glass of solution every 10 minutes. Drink each glass quickly, rather than taking small amounts continuously.
Step 4	Be sure to drink all the solution. As soon as you have finished all of the solution, take the last (4) Dulcolax (Bisacodyl) Laxative Tablets. JUST LIKE THE DAY BEFORE, NO SOLID FOOD, BREAKFAST OR SHAKES ON THE DAY OF YOUR PROCEDURE.

The purpose of these laxatives is to clean your colon. Your bowel movements should not be solid, brown/cloudy tinged liquid bowel movements is acceptable. **We recommend coating the rectal area with VASELINE to protect the skin chaffing while prepping. ***You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat or drink, smoke or chew 4 hours prior to the procedure. Please follow these instructions to avoid the risk of a delay or cancelled procedure.

If any problems or questions arise, please call our office at 301-251-1244 OR 301-810-5252 during normal business hours.