

**Morning Prep Instructions: scheduled between 7:30 am and 10:30 am**

- **Two Days Before Procedure:** Follow low-residue diet and drink plenty of clear liquids. (See attached information on Low-Residue Diet/Acceptable Clear Liquids)
- **Day Before Procedure:** Light/low-residue breakfast with plenty of clear liquids. (See attached information on Low-Residue Diet/Acceptable Clear Liquids)

**After Breakfast: ONLY CLEAR LIQUIDS**

**DIABETIC PATIENTS:** Mix 1 cap-full of Miralax in 8-12 oz. of clear liquids.

**2:00 PM: Take 2 Dulcolax Tablets**

**4:00 PM: Drink first bottle of CLEAR Magnesium Citrate.**

**\*Drink Slowly over the course of an hour to avoid nausea/ Upset stomach.**

**\*Continue to drink PLENTY of clear liquids with Magnesium Citrate-Sprite, Ginger Ale, or juice recommended for Flavor.**

**DIABETIC PATIENTS:** Mix 1 cap-full of Miralax in 8-12 oz of clear Liquids.

**8:00 PM: Drink second bottle of CLEAR Magnesium Citrate.**

**DIABETIC PATIENTS:** Mix 1 cap-full of Miralax in 8-12 oz of clear Liquids.

**AFTER 8:00 PM:** Continue to drink plenty of clear liquids until

**MIDNIGHT**-otherwise **NOTHING ELSE BY MOUTH AFTER MIGHTNIGHT.**

**DAY OF PROCEDURE:**

Certain APPROVED medications may be taken day-of-procedure With a SMALL SIP of water; in this case, **NOTHING BY MOUTH AT LEAST 2-3 HOURS BEFORE PROCEDURE** (Or Anesthesia will require at least a 2 hour wait before sedation)

**Afternoon Prep Instructions: scheduled between 11:00 am and 4:00 pm**

- **Two Days Before Procedure:** Follow low-residue diet and drink Plenty of clear liquids. (see attached information on Low-Residue Diet/Acceptable Clear Liquids)
- **Day Before Procedure:** Follow Light/Low-Residue breakfast and Early lunch with plenty of clear liquids. (see attached information On Low-Residue Diet/Acceptable Clear Liquids)

**After Light Lunch: ONLY CLEAR LIQUIDS**

**DIABETIC PATIENTS:** Mix 1 cap-full of Miralax in 8-12 oz of Clear liquids,

**6:00 PM:** Take 2 Dulcolax Tablets

**8:00 PM:** Drink first bottle of CLEAR Magnesium Citrate

**\*Drink slowly over the course of an hour to avoid nausea/ Upset stomach.**

**\*Continue to drink plenty of clear liquids with Magnesium Citrate-Sprite, Ginger Ale, or juice recommended for Flavor.**

**DIABETIC PATIENTS:** Mix 1 cap-full of Miralax in 8-12 oz of clear Liquids.

**DAY OF PROCEDURE:**

**6:00 AM:** Drink second bottle of Magnesium Citrate with plenty of Clear liquids.

**DIABETIC PATIENTS:** Mix 1 cap-full of Miralax in 8-12 oz of clear Liquids. Continue to drink clear liquids.

**NOTHING BY MOUTH AT LEAST 2-3 HOURS BEFORE PROCEDURE.**  
(Or Anesthesia will require at least a 2 hour wait before sedation)

Certain APPROVED medications may be taken day of procedure up until **2-3 hours Before Procedure.**

## **SPECIAL ATTENTION AND INSTRUCTIONS:**

- If you are planning to receive Anesthesia for your procedure:
  - \*Must have a driver AT LEAST 18 years of age, or pre-arranged Medicare/Logisticare/Medical Transportation Services.
  - \*Driver must plan to stay at the facility while you have your Procedure.

If you do not have a driver or medical transportation to transport You to/from procedure, contact our facility ASAP for assistance Arranging transportation or to discuss Water Immersion Procedure.

**DIALYSIS/KIDNEY PATIENTS:** Dialysis/kidney patients require a special SORBITOL Colonoscopy Prep and **CANNOT** take normal Magnesium Citrate Prep Contact facility immediately if on Dialysis, have been consulted/ Prepped for Dialysis, or have any other significant renal (kidney) issues of any kind.

**DIABETIC PATIENTS:** Colonoscopy prep for Diabetic patients is supplemented with Miralax to ensure complete emptying of colon for ideal visibility during procedure—pay close attention to the Miralax notations in prep instructions.

### **DIABETIC MEDICATIONS:**

**Oral:** Unless otherwise indicated by PCP, take oral diabetic Medications as prescribed the day before procedure, **HOLD** oral diabetic medications day of procedure.

**Insulin:** Unless otherwise indicated by PCP-Only take HALF of normal insulin dose the day before procedure, **HOLD** insulin day of procedure.

**CHRONIC CONSTIPATION:** Patients who experience chronic Constipation issues may also supplement colonoscopy prep with Miralax to ensure proper emptying of the colon for ideal Visibility during procedure-pay close attention to the Miralax Notations in prep instructions.

**BLOOD THINNERS:** Please contact our office if you take any blood Thinners; including, but not limited to: Plavix, Warfarin/Coumadin, Aspirin, Effient, Brilinta, or Xarelto.

**PREDNISONE:** Please contact our office if you are prescribed Prednisone for any Reason.

**OTHER MEDICATIONS:** Unless otherwise indicated by PCP, take the following medications as prescribed day of procedure: **AT LEAST 2 HOURS BEFORE PROCEDURE, WITH SMALL SIP OF WATER: BLOOD PRESSURE MEDS, ANXIETY/DEPRESSION MEDS, SEIZURE MEDS.**

## LOW-RESIDUE DIET

### **RECOMMENDED FOOD ITEMS:**

- White bread, refined pastas and cereals (cereals cannot have Raisins, nuts, fruits, or berries) white rice, grits, oatmeal, Pancakes, waffles and toast.
- Limited servings of grilled cheese, mashed potatoes, or French Fries (no skin)
- Tender, ground or well-cooked meat, fish, eggs, and poultry.
- Milk and yogurt (max 2 cups)
- Cheese, butter, mayonnaise, vegetable oils, margarine
- Plain gravy
- Broth and strained soup, baby food, puree of any low-residue Items listed.
- Pulp-free, strained, clear juices.

### **FOODS TO AVOID:**

- Fruit, fruit skins, or seeds –or yogurt containing any of these (examples: strawberries, blackberries, blueberries, lemons, Etc.)
- Tough meat, meat gristle
- Crunchy peanut butter
- Dried beans, peas, legumes
- Salsa, salad, vegetables
- Juices with pulp
- Heavily-spiced foods and dressings (examples: garlic, pepper, other seasonings, hot sauces, etc.)
- Popcorn, nuts, seeds.

### **APPROVED CLEAR LIQUIDS**

- Water
- Gatorade (or other sports drinks) **\*\*NO RED, BLUE, ORANGE OR PURPLE**
- Juice (apple juice or white grape juice are recommended) **NO PULP**
- Lemonade
- Light Carbonated Beverages (seltzer water, sprite, sierra mist, 7UP, or ginger ale recommended)
- Plain gelatin/Jello (yellow or green jello recommended) **\*\*NO RED, BLUE, ORANGE, OR PURPLE—NOTHING ADDED TO IT**
- Hot tea or Coffee **\*\*NO CREAM, LIQUID/POWDER CREAMERS, SUGAR OR OTHER SWEETENERS**
- Cold Tea **\*\*NO SWEET TEA, NO ADDED SUGARS OR SWEETENERS**
- Clear Broth or Strained Soup **\*\*NO NOODLES, VEGETABLES, RICE, MEAT, etc**
- Hard Dissolvable Candies (peppermints or lemon drops)
- Clear popsicles **\*\*NO RED, BLUE, ORANGE, OR PURPLE—NO MILK-BASED, NO ADDED FRUIT, SEEDS, NUTS CANDIES, ETC.**