

## Dr McGehee's Colonoscopy Prep Instructions MiraLAX and Dulcolax Prep

You will need to purchase the following from your pharmacy:

- 8.3 oz bottle of Miralax Powder
- 2 Dulcolax (bisacodyl) 5mg tablets
- 64 oz. of clear liquids (Gatorade, G2, Gatorade Ice, Powerade, or Powerade Zero) to mix the Miralax in. Nothing red, green, blue, or purple.

### The Day Before Your Exam:

1. The morning before your exam, mix 64 oz. of Gatorade, G2, Gatorade Ice, Powerade, or Powerade Zero (not red, green, blue, or purple) in a container and refrigerate. (DO NOT ADD ICE)
2. You can have a light breakfast (Examples include: toast, coffee, tea) followed by clear liquids (nothing else solid by mouth until after procedure - only clear liquids until starting prep).
  - ❖ Water, Propel, Gatorade, and Powerade are the preferred clear liquids (NO Red, Green, Blue, or Purple)
  - ❖ Clear fruit juices: White Grape Juice, White Cranberry Juice, Apple juice (no pulp)
  - ❖ Kool-aid (NO Red, Green, Blue, or Purple) or Pedialyte
  - ❖ Clear chicken or beef broth (must NOT contain noodles, meats, or vegetables)
  - ❖ Tea or coffee without creamer/dairy (sugar is ok)
  - ❖ Soda: Coke, Sprite, Dr. Pepper, Diet Coke, Ginger Ale, etc.
  - ❖ Jell-O and Popsicles (NO Red, Green, Blue, or Purple)
  - ❖ Coffee or tea (without milk or creamer)
3. Take 2 Dulcolax tablets at noon.
4. At 4:00 PM, start drinking your prep. Drink one 8 oz. glass every 10 to 15 minutes. Set a timer every 15 minutes to keep pace. Continue doing this until your prep is gone. Do not eat any food after drinking the prep until after the procedure. You may continue clear liquids until midnight.
5. **If the prep makes you feel nauseated:** Stop drinking it for 1 - 2 hours and then try to take it again. If you feel like you are "cleaned out" (bowel movements are clear in color), then go ahead and keep the endoscopy appointment the next day. If you do not feel like you are "cleaned out", you were not able to tolerate the Miralax, and you do not have problems with your kidney function, you may also try drinking one 8 oz bottle of magnesium citrate (Citroma) followed by five 8 oz glasses of water. It may take 2 bottles of the magnesium citrate to adequately clean your colon. If you do require 2 bottles, please drink at least five 8 oz glasses of water after the first bottle and three 8 oz glasses of water after the second bottle.
6. Do your best to complete the prep and go to endoscopy as scheduled.

### The Day of Your Exam:

1. **DO NOT TAKE YOUR DIABETIC MEDICATIONS THE MORNING OF YOUR PROCEDURE.** You may take any heart, blood pressure, or thyroid medications in the early morning with a SIP of water.
2. You must have a driver who is 18 years or older present throughout the procedure. If you do not have a driver with you, you will need to reschedule your appointment. This person must remain in the unit during your entire visit so that they are available for the physician to speak with after the procedure. You will not be discharged unless this person is in the unit. Because your judgment may be impaired after this procedure, you will not be released to take public transportation, a taxicab, or even walk home without another responsible adult present to accompany you.
3. **Bring all medications (in their original bottles) to the hospital for your procedure.**

**IF YOU TAKE ANY BLOOD THINNERS (ASPIRIN, COUMADIN, PLAVIX, XARELTO, ELIQUIS, BRILINTA, ETC.), THEY WILL NEED TO BE STOPPED PRIOR TO THE PROCEDURE. PLEASE CALL DR. MCGEHEE'S NURSE, JENNY, AT (334) 749-3385 AS SOON AS POSSIBLE TO DISCUSS WHEN EACH MEDICINE SHOULD BE STOPPED.**

\*If you must cancel or reschedule your appointment, please call the Centralized Scheduling as soon as possible at (334) 528-1215 Option #3.

\*If you have not heard from pre-registration at EAMC by 12:00 PM the day before your procedure, please call (334) 528-4266 to pre-register.

\*If you have any questions or concerns, please call Dr. McGehee's nurse, Jenny, at (334) 749-3385 during normal business hours (8:00 AM – 4:30 PM CST).