

Rochester Gastroenterology Associates, LLP

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INSTRUCTIONS FOR COLONOSCOPY *EXTENDED SPLIT* PREP WITH MAGNESIUM CITRATE, MIRALAX, DULCOLAX & GATORADE

Name _____ Procedure _____

**YOU HAVE BEEN SCHEDULED FOR THE ABOVE EXAMINATION BY DR _____
PLEASE REPORT TO:**

Unity Hospital Endoscopy Center
1555 Long Pond Road
Rochester, NY 14626
Tel: (585) 723-7119

Rochester Gastro. Assoc.
20 Hagen Dr., Suite 330
Rochester, NY 14625
Tel: (585) 267-4040

REPORT AND REGISTRATION TIME:

DATE/DAY:

PLEASE REVIEW ALL INSTRUCTIONS UPON RECEIPT

You will need to obtain one (1) **238 Gram** bottle of MiraLax (Glycolax), one (1) small package of Dulcolax laxative **tablets** (4 tablets only) (1) **10oz** bottle of Magnesium Citrate and two (2) **28oz** bottles of Gatorade, (NO Red or pink). Most people prefer 2 different flavors – **as an alternative you may use 56 ounces of any other clear liquid** (apple juice, crystal light, lemonade, iced tea etc.)

MiraLax, Dulcolax, and Magnesium Citrate are purchased over the counter.

Patients who receive sedation for their procedure must have an adult transport them home. **Ubers, taxis, or any other NON-medical vehicles are NOT ACCEPTABLE** unless you have a family member or responsible adult accompany you. It is required a responsible adult stay with you since sedation effects can last well into the evening.

If you are unable to keep your scheduled appointment, cancellation is appreciated **48 hours** in advance by calling **(585)267-4040** or **(585)227-1080** between **9:00 a.m.** and **4:00 p.m.** If you fail to notify us you may be charged. Please call these numbers if you have any further questions.

If you are taking *any* kind of blood-thinning medications, such as **COUMADIN, PLAVIX, ELIQUIS, or XARELTO** please inform our office at (585)267-4040 or (585)227-1080, **IMMEDIATELY**. **These medications MAY need to be stopped AS DIRECTED BY YOUR MEDICAL PROVIDER.**

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In order to assure optimal colonoscopy examination, the following guidelines are recommended:

1. **Stop** any extra dietary fiber, including Metamucil, Citrucel, Fibercon, or similar products for **1 week** before the procedure.
2. **Stop** all iron medications, and vitamins containing iron for **1 week** before the procedure.
3. **Do not** eat nuts, raisins, or food containing seeds, (strawberries, sesame, poppy, etc.) or uncooked vegetables **3 days** before the procedure.
4. Please check with our office prior to taking any **INSULIN** or other diabetic medication **on the morning of the examination.**

2 DAYS BEFORE EXAMINATION

1. Begin a CLEAR liquid diet at **12:00 p.m.** noon. **No solid food is allowed.** Clear liquids include water, strained fruit juice without pulp (apple, white grape, lemonade), clear broth or bouillon, coffee and tea (without cream or non-dairy creamer), Gatorade (**NO** red or pink), carbonated and non-carbonated soft drinks, Kool-Aid (**NO** red or pink), Jell-O (**NO** red or pink), and popsicles.
2. At **4:00 pm** drink 10 oz. of Magnesium Citrate. **Continue drinking clear liquids throughout the rest of the day. THIS IS VERY IMPORTANT!!!!!!!!!!**

DAY BEFORE EXAMINATION

1. **Continue drinking clear liquids all day. No solid food.**
2. At **1:00 pm** take all **4** Dulcolax **tablets** with water and continue on clear liquids. Mix $\frac{1}{2}$ of the MiraLax powder with one **28oz** bottle of Gatorade (**NO** red or pink) and mix until dissolved and chill if desired.
3. At **2:00 pm** begin drinking MiraLax/Gatorade solution. Drink this solution slowly, as tolerated, completing it by **7:00 pm**. It may take several hours for results. *This does not work very quickly*
 - a. You should have $\frac{1}{2}$ of the Miralax powder and 28oz. of Gatorade left over and ready for the next morning. You may mix the evening before and chill if desired.
4. Continue drinking clear liquids throughout the evening. **THIS IS VERY IMPORTANT!!!!!!!!!!**

DAY OF EXAMINATION

1. At least five (**5**) hours before your procedure, mix and drink the other 28oz. combination of Miralax and Gatorade, **finishing the mixture within 1 hour**. No liquids should be consumed 4 hours prior to your scheduled procedure time. You may take your regular medications with a sip of water up until your procedure time.
2. You should plan on spending up to 2 hours at our facility for this test.

Thank you for the opportunity to accommodate your health care needs.