

ROBERT C. JANDA, M.D.
ROBERT M. LEE, M.D.
PETER L. SERAPHIN, D.O.
ERIN DOWNES, PA-C

12 Salt Creek Lane Suite 425, Hinsdale, IL 60521

(630) 789-2260

INSTRUCTIONS FOR COLONOSCOPY PREPARATION – MAG CIT/MIRALAX PREP

PATIENT NAME: _____ MD: _____

PLACE OF PROCEDURE: _____ DATE/TIME OF PROCEDURE: _____

Register at Out Patient Registration Time of Registration: _____

In preparation for your colon examination, you will be following a one-day colon preparation which will cleanse your colon thoroughly. This will consist of maintaining a clear liquid diet for one day prior to your examination and taking three types of oral laxatives. The oral laxatives are one 10oz. bottle of citrate of magnesia, one bottle of Miralax (238gm) and a box of Dulcolax tablets, which can be purchased over the counter. You must also purchase a 64 oz. bottle of Gatorade (do not use red or grape).

ONE DAY PRIOR TO YOUR COLON EXAMINATION: Date: _____

1. Maintain a clear liquid diet for this entire day, starting in the morning upon awakening and continuing through until the evening.

The following is a list of clear liquid items from which you may choose:

- . clear juices with **no** pulp (such as apple, grape, orange, Gatorade, etc)
- . pop/soda (such as cola, 7-Up, ginger ale, Kool-Aid)
- . black coffee and plain tea (**no** cream or milk can be added)
- . clear broth, bouillon, consommé
- . plain jello/gelatin – except for **red** or **purple** colors (**no** fruit or cream additives)
- . popsicles or Italian ice
- . water

2. Some time before 12 noon. Take three Dulcolax tablets with plenty of water.
3. Some time between 2-4 p.m., drink one 10oz bottle of Citrate of Magnesia. Drink this all at one time. You may want to add ice to this laxative to improve its flavor.
4. Remain on clear liquids through the rest of the evening. Drink plenty of water!!
5. At 5pm, mix the Miralax (238gm) with 64 ounces of Gatorade (do not use red or grape) and drink an 8oz. glass every 15-20 minutes until it is gone.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

Turn over for additional instructions

ADDITIONAL INFORMATION & INSTRUCTIONS

This colonoscopy examination is performed under IV sedation for your comfort. Therefore, a family member or friend **MUST** accompany you to the place of the procedure because you will not be allowed to drive home on your own due to the effects of this medication. You will not be able to take a taxi or the courtesy car by yourself. Please do not wear any jewelry and leave your valuables at home. Due to the effects of the sedation, we recommend that a responsible person stay with you when you get home and throughout the day.

****Blood pressure and heart medications MUST be taken early in the morning of the exam with only a small sip of water.**

You should avoid all other prescription and over-the-counter medications unless otherwise specified by the doctor. You may take them at home after your procedure.

Medications to avoid for three days prior to your examination include:

iron supplements

Vitamin E, fish oil

aspirin or aspirin-containing products (they have blood thinning properties)

Advil, Motrin, Aleve, Naprosyn, Ibuprofen and all other anti-inflammatory medications (they have blood thinning properties)

Celebrex

If you take Plavix, Trental, Coumadin, Eliquis, Pradaxa, Xarelto, Brilinta, Effient, Persantine, Ticlid or Aggrenox, check with your physician to see if you can stop for three days prior to your test. If your physician advises against stopping, call the office and let us know.

If you need to take an analgesic (pain reliever), use only over-the-counter Tylenol or Extra-Strength Tylenol.

If you are a diabetic, follow these instructions: _____

Do not smoke on the day of your exam, prior to the exam.

If you experience soreness in the rectal area, applying vaseline may be helpful.

PLEASE READ THESE INSTRUCTIONS CAREFULLY. YOU MAY CALL THIS OFFICE AT 630-789-2260 IF YOU EXPERIENCE ANY PROBLEMS WHILE TAKING THIS COLON PREPARATION OR IF YOU HAVE ANY QUESTIONS REGARDING THE PROCEDURE.

Please call your insurance company to check your benefits. If you need precertification, let us know and we will be happy to take care of that for you.

Hinsdale Gastroenterology Associates
630-789-2260

For the Miralax prep, you will need to purchase:

One 10-ounce bottle of Magnesium Citrate

One bottle (238 grams) of Miralax

One small box of Dulcolax Laxative Tablets (you only need 3)

64-ounces of Gatorade (**DO NOT** get **RED** or **PURPLE**)