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Getting ready for your Colonoscopy

Date: _____

Arrival time: _____ Procedure time: _____

Location: _____

Please read through instructions at least one week before your procedure.

If you have any questions, please call **401-274-4800**.

Make sure you have **someone to drive you home** from the colonoscopy. You will not be able to drive for 24 hours. You **can not take public transportation** (no bus, taxi, Uber, etc) unless a responsible adult is with you and accompanies you.

If you are unable to keep your appointment, we request that you call at least 3 business days before your procedure is scheduled, so that we can offer that time to another patient. We reserve the right to charge a penalty fee for patients who “no show” or cancel without adequate notice.



SD Miralax+ Bowel Preparation Instructions

Adequate colon cleansing is an essential component of your colonoscopy procedure.

Please notify our office if you have any of the following conditions: Kidney disease, heart disease, diabetes, problems with bleeding/ clotting or if you take blood thinning medications including: coumadin/warfarin, Plavix/clopidogrel, Eliquis/apixaban, Pradaxa/dabigatran, Brillinta/ticagrelor, Pletal/cilostazol or Xarelto/rivaroxaban. Or if you take Semaglutide medications such as: Ozempic, Wegovy, Mounjaro.

Purchase the following medications for your bowel prep:

- **One (1)** 238g bottle of Miralax
- **One (1)** 64 oz bottle of Gatorade (Not red)
- **Two (2)** 125mg Gas-X (Simethicone) tablets
- **One (1)** 10 ounce bottle of Magnesium Citrate (NOT red)

Five (5) Days Before Your Colonoscopy

Stop eating foods which contain seeds, corn or nuts. **Eat a LOW fiber diet**

Stop taking Iron supplements or vitamins containing iron starting today and leading up to the colonoscopy.

If you normally take anti-diarrhea medications (Imodium or pepto-bismol for example), please **stop them two days before your procedure.**

The Day Before the Colonoscopy

You may eat a **low fiber** breakfast and lunch (white bread with butter, eggs, cheese, yogurt, milk or white rice).
After 2pm, No solid foods.

Clear liquids only for the rest of the day. It is important to drink plenty of fluids throughout the day so the laxative is effective and so you don't become dehydrated. **Drink an 8 oz glass of clear liquid every hour.**

Clear liquids include water, coffee, tea, clear broth, juices without pulp (no orange juice), soda, Gatorade, Powerade, or jello.

DO NOT drink red colored liquids. **DO NOT** drink alcohol.

On the Day of the Colonoscopy

-At _____ am: Drink one 10 oz bottle of Magnesium Citrate followed by an 8 oz glass of clear liquid.

-At _____ am: Mix all of the 238g bottle of Miralax with a 64 oz bottle of Gatorade (do not use red) in a pitcher until all of the Miralax is dissolved. You need to drink three quarters of the solution along with One Gas-x (simethicone) tablet. Drink one 8 oz glass approximately every 10-15 minutes until 3/4 of the solution is gone.

-At _____ am: **Drink** the remaining quarter of the Miralax mixture along with the second Gas-x (simethicone) tablet. **This needs to be finished by:** _____.

- **NO solid foods. No dairy.** You may have **CLEAR LIQUIDS ONLY** (Water, black coffee/tea, Apple Juice) **UNTIL 3 HOURS BEFORE YOUR PROCEDURE:**_____. (Along with all regular medications unless otherwise instructed.)

NOTHING ELSE BY MOUTH.



Helpful Hints

- Use the “good” toilet paper or baby wipes during the prep. To help protect your skin during the preparation you can use A&D ointment, Desitin, Balmex or Vaseline. Use it every trip after the bathroom to help prevent your skin from becoming sore.
- Stay well hydrated. You can lose a lot of fluids during the prep. Drink at least as much as the directions instruct you to do.
- The end result of the cleansing needs to be liquid. Most often it is yellow in color and not crystal clear. There may be small flecks of sediment.
- If you normally drink coffee, it is OK to have a cup during your prep.
- If you get a headache, it is OK to take something during the prep.
- Try sucking on a lemon or lime wedge after each drink of bowel prep
- Chill the bowel prep in the refrigerator
- Drinking the prep through a straw may blunt the taste
- It may take a while before the first dose of the prep starts to work. You may have urgency so stay near a bathroom. This is not the time to go out shopping !
- Wear loose fitting, comfortable clothing to the procedure.

