

Colonoscopy Preparation (MirCitrato)

PURCHASE YOUR PREP EARLY

- 1 bottle Miralax (also sold as Glycolax) 8.3oz/238grams
- 10oz bottle Lime flavored Citrate of Magnesia (skip if you have chronic renal failure)
- 4 Dulcolax tablets (each tablet is a 5mg tablet)
- 1 Fleet regular enema (NOT a Fleet oil enema)
- 2 quarts of Gatorade/Crystal Light or similar drink-not red.

THE DAY BEFORE YOUR PROCEDURE

- 8:00 am** Eat a **clear liquid meal**. This includes any liquid you can see through such as broth, tea, coffee, Gatorade, ice Popsicles, but no dairy products. **Please note:** Avoid red colored liquids.
- 12:00 Noon** Eat a **clear liquid meal**.
- 1:00- 4:00pm** Drink 8 oz of water or clear liquid each hour to avoid dehydration.
- 2:00 pm** Take all 4 Dulcolax tablets with 8 oz water. Note: IF you have chronic diarrhea, ulcerative colitis, or have had difficulty with Dulcolax in the past, do not take the Dulcolax
- 5:00 pm** Drink entire bottle of Citrate of Magnesium (skip if you have chronic renal failure)
- 6:00 pm** Mix the entire bottle of MIRALAX (GLYCOLAX) powder thoroughly with 2 quarts of Gatorade/Crystal Light or similar drink (no red colored liquid please). Begin drinking at your own pace. Drink the entire mixture. You may continue to drink clear liquids until 8 hours before your procedure. In fact, you should increase your liquid intake the day before colonoscopy to avoid dehydration.

Helpful Hints

- Remain at home after beginning the solution.
- **IF you develop nausea or vomiting while drinking the solution, stop.** Purchase an enema bag and a Dulcolax suppository. As soon as possible, give yourself warm tap water enemas (2 pints at one time). Continue this every 30 minutes until the colon is clear of stool. Give yourself a Dulcolax suppository one hour before leaving home.

THE DAY OF YOUR PROCEDURE

1. **Do not eat or drink anything 8 HOURS prior to your Colonoscopy, or it may be canceled.** It is not safe to have colonoscopy and sedation for colonoscopy when your stomach contains food.
2. **Give yourself one regular Fleet enema** one hour before you leave your home for the procedure.
3. **Have a driver take you to your Colonoscopy.** *Note: Driver must remain at the Center during the entire procedure and drive you home.*

Have someone accompany you to the Facility and arrive at _____

- Surgery Center Plus Inc. 7430 N. Shadeland Ave #100, Indpls (317) 841-8005
- Community Hospital North, Outpatient Department, 7150 Clearvista Dr. Indpls
- Community Hospital East, Outpatient Department, 1500 N. Ritter Ave. Indpls
- Riverview Hospital, Outpatient Department 395 Westfield Road, Noblesville
- Other: _____

For more information please visit our website at, www.colonrectalcare.com

Please note: If you cancel or reschedule your procedure, a 48 hour notice is required or you will be subject to a \$300 fee (\$100.00 physician fee and \$200.00 facility fee.)