



Endoscopy Department
2827 Fort Missoula Rd. | Missoula, MT 59804
406.327.4542

Colonoscopy Preparation Instructions Miralax and Magnesium Citrate

*Your doctor has ordered a colonoscopy at Community Medical Center.
A colonoscopy is a test to examine your colon for any abnormalities.*

Your exam is scheduled for (date) _____ at (time) _____

Check-in at the guest service desk in the main entrance of the hospital at _____

Your gastroenterologist will be: _____

Take a few minutes to carefully read these instructions; proper preparation is the key to a safe and accurate colonoscopy. There are also some dietary and medication changes you will need to follow in the days leading up to the test.

1 - 2 weeks Before the Test

- You will receive these instructions in the mail
- Purchase the following at your local pharmacy, local grocery store (**no prescription is needed**):
 - Gatorade or Powerade (64 oz)**
 - Miralax powder (238 g bottle)**
 - Magnesium Citrate (2 x 10 oz bottles)**
 - Ducolax (bisacodyl) (4 tablets – 5 mg)**
 - A supply of “clear liquids” (see next page for what is ok to drink)**
- You will not be able to drive after your procedure, **you’ll need to plan for someone to drive you home**

3 - 5 Days Before the Test

- If you are **Diabetic** and take insulin or oral diabetes medications, please check with your family doctor regarding your dosage, this may need to be adjusted the day before your procedure
- If you are on any blood thinners such as **Plavix, Coumadin, Eliquis, Pradaxa, Xarelto, Lovenox Heparin or other blood thinners**, please check with your prescribing doctor. Generally, you must be off these for 2-7 days before your colonoscopy
- If you are on Aspirin, please continue taking this as prescribed

DO NOT TAKE THESE MEDICATIONS

- Motrin, Ibuprofen, Advil, Celebrex, Aleve, other NSAIDS, fish oil, iron, herbal supplements

It is okay to continue taking these medications:

Blood pressure medications, seizure medications, heart medications, inhalers, medications for depression, vitamins, other prescribed medications

One of the nurses from our GI lab will be contacting you the day prior to your procedure to gather pertinent information prior to your arrival. We are happy to answer any questions.

The Day Before

- **DO NOT EAT ANY SOLID FOOD FOR THE ENTIRE DAY PRIOR TO YOUR PROCEDURE**
- **Start on a clear liquid diet; try to drink at least 2 glasses of liquids every hour when you are awake**



What is considered “clear liquids”? What is OK to drink?

Anything you can see through: Sprite, 7UP, ginger ale, apple juice, plain broth, Jell-O, coffee, tea (no creamer), sports drinks (ex. Gatorade), popsicles

What not to drink:

- Avoid anything red or purple in color
- Avoid alcohol, milk, tomato juice, Coke, Pepsi, orange juice or other fruit juices with pulp

Starting the clean-out:

- **Mix 238 grams of Miralax powder with 64 oz of Gatorade or PowerAde; be sure to shake well until it is dissolved**
- **2 pm take the 4 Dicolax tablets**
- **4 pm drink one of the bottles of Magnesium Citrate**
- **6 pm drink one 8 oz glass of the Miralax/Gatorade mixture**
- **DRINK 8 OZ OF THIS MIXTURE EVERY 10-15 MINUTES UNTIL YOU HAVE FINISHED THE ENTIRE 64 OZ.**
- **If you develop nausea or cannot tolerate the prep, stop drinking for 30 minutes then slowly resume (wait one hour before resuming if you have vomited)**
- **If you still cannot tolerate the prep, call the Endoscopy Department at (406) 327-4021 during business hours, or after hours contact the house administrator at (406) 327-4209 to page the physician or nurse, for further instructions.**

Same Day - What to do and what to expect:

- **Do not eat any food! Stay on your clear liquid diet.**
- **At least 5-hours before check-in time drink the 2nd bottle of Magnesium Citrate**
- **Must be done with all liquids 4 hours prior to procedure**
- You may take your morning medications as prescribed with a small sip of water, *unless otherwise directed*
- **Once your prep is complete, take nothing by mouth until after your procedure**
- Your stools should be a clear to cloudy light yellow, bright yellow, some sediment is ok. If you have finished your prep and your stools are not clear, call the GI lab (406) 327-4021
- **Remember YOU MUST have someone to drive you home as you are legally impaired for 24-hours after the procedure; your procedure will be cancelled if you do not have a driver**
- You can expect your visit from check-in to discharge to last approximately 2-3 hours
- The Gastroenterologist who does your procedure will visit with you and answer questions before and after your exam
- If you need to cancel or reschedule your appointment, call our office at (406) 327-4542 as soon as possible, so that we may facilitate the filling of your appointment, we appreciate your understanding.