

COLONOSCOPY PREPARATION WITH DULCOLAX, MIRALAX AND GATORADE

Date of Colonoscopy _____ Arrival Time _____

YOU WILL NEED TO BUY (over-the counter) 1 bottle of Citrate of Magnesia, 4 Dulcolax laxative tablets, 1 bottle of Miralax 238g and one 64oz or two 32 oz. bottles of Gatorade, Vitamin water, Power Aide, Smart Water, (Power aide zero, Gatorade zero or Smart water for diabetics). (NO RED OR PURPLE COLORS.) If you are diabetic you will need to contact your PCP to advise you on your medications for the day before clean out. You may purchase your clean out prep at Henry Ford Macomb Pharmacy or Henry Ford Chesterfield Pharmacy for a discounted price.

******NO BLOOD THINNERS OR ASPIRIN 10 DAYS BEFORE THE COLONOSCOPY******

TWO DAYS BEFORE YOUR COLONOSCOPY: In the evening, drink the entire bottle of Citrate of Magnesia. (This is to ensure complete cleansing of the colon).

THE DAY BEFORE YOUR COLONOSCOPY: Drink only CLEAR LIQUIDS for Breakfast, lunch and Dinner. You may drink liquids all day, but NO SOLIDS OR DAIRY PRODUCTS.

Examples: Water, Coffee, Tea (No Milk or Powdered Creamer), Bouillon, Clear Broth
Clear Fruit Juices, White Grape Juice, Apple Juice, White Cranberry, OJ (No Pulp), Clear Sodas, Colas, Ginger Ale, 7-up, Sprite, Sports Drinks, Jell-O, Kool-aid Popsicles (AGAIN, NO RED OR PURPLE COLORS)

12:00 Noon- Take 2 Dulcolax tablets along with a glass of water

3:00 PM- Take 2 Dulcolax tablets along with a glass of water

6:00 PM- Mix the entire 238g bottle of Miralax with the 64oz of Gatorade.
Drink one 8-ounce glass every 15-20 minutes until finished.
Do your best to drink the solution over two (2) hours or so. If nauseated, slow down, take a break, and restart as soon as possible. Hopefully you will finish evacuation and have a good nights rest. ***Nothing to eat or drink after midnight***

*****These are suggested times to start your clean-out, you may arrange your own schedule, for example., 5:00pm (Dulcolax), 7:00pm (Dulcolax), and 9:00pm (Miralax and Gatorade clean-out).**

THE DAY OF YOUR COLONOSCOPY:

Do not eat or drink anything the day of your Colonoscopy. You MAY take your morning medication, but only with a sip of water. (Heart, Blood Pressure, Stomach, Thyroid and Seizure Medications.) If you are Diabetic, bring your diabetes medications to the hospital with you.

The Hospital requires that you be accompanied by a driver who must wait at the Hospital during the procedure to drive you home. You cannot drive for 12 hours after this procedure. You can expect to be at the hospital approximately 3 hours. Please leave all jewelry and valuables at home.

*****You are responsible for any co-pay or deductibles that apply to your procedures.** Please check with your insurance company to see if this procedure is a covered benefit. Any questions, please feel free to call us at 586-598-5731.

Please report to HENRY FORD MACOMB HOSPITAL north entrance, unless your procedure is scheduled at UTICA SURGERY CENTER