



820 Bestgate Road Suite 1A
Annapolis, Maryland 21401
410-224-2116

Colonoscopy with 2 Day Miralax/Mag Citrate Prep

Your Procedure:

You are scheduled for a colonoscopy. The doctor will examine the lining of your large intestine with a colonoscope. If polyps or other abnormalities are found during the procedure, the doctor will remove the abnormal tissue for further evaluation.

Patient Name: _____
Date of Procedure _____
Arrival Time _____
Procedure Time _____
Place: } Maryland Center for Digestive Health
Bestgate Medical Clinic
820 Bestgate Road, Suite 1A
Annapolis, Maryland 21401
} AAMC (Anne Arundel Medical Center)

YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY

1 Week Prior	5 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Purchase the following:</p> <p>-Dulcolax tablets, three 10mg (not suppositories)</p> <p>-64oz Gatorade or PowerAde : no red, orange or purple</p> <p>-Miralax 238gm Bottle</p> <p>- One 10oz bottle Magnesium Citrate (not red)</p> <p>Follow these instructions, not the box instructions.</p> <p>If you take dietary, herbal or fiber supplements or medications containing iron, including multi-vitamins with iron, discontinue these 7 days before your appointment.</p> <p><u>If you are taking blood thinners including Coumadin (Warfarin), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Effient (Prasugrel) and Eliquis (Apixaban), you will need an office visit prior to your procedure.</u></p> <p>You may <u>continue</u> your “baby” aspirin and regular aspirin if you were prescribed them for a cardiovascular condition.</p>	<p>Begin low fiber diet. See Reverse.</p> <p>Stop consuming all high-fiber foods. This includes food with seeds and nuts.</p> <p>If you are taking <u>Plavix (Clopidogrel) stop taking it today.</u></p> <p>If you are taking ibuprofen (Advil, Nuprin or Motrin) or other non-steroidal (NSAID) anti-inflammatory medications, <u>stop taking them today.</u> Tylenol and Celebrex are okay to use.</p>	<p>Clear liquids only</p> <p>Drink at least four 8oz glasses of water throughout the day.</p> <p></p> <p>8:00pm Drink 10oz bottle of Magnesium Citrate</p> <p>Drink at least four 8oz glasses of water throughout the day.</p> <p></p>	<p>Begin clear liquid diet. No solid foods today. Red, purple or orange colored liquids are not allowed. You may have small amounts of coffee or tea without cream.</p> <p>Drink at least four 8oz glasses of water throughout the day.</p> <p></p> <p>3:00 pm Take Dulcolax 30 mg.</p> <p>5:00 pm Thoroughly mix the entire bottle of Miralax in the bottle of “clear” Gatorade or PowerAde (you may want to pour 8oz out of the bottle before mixing) Do Not Refrigerate longer than 1 hour before starting your prep. Do not over chill.</p> <p>6pm: Drink one half of the Miralax/Gatorade solution Drink one 8oz glass and repeat every 15 minutes until you finish the 32 ounces.</p> <p>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</p>	<p>6 hours prior Take the second half of the Gatorade/MiraLAX solution Drink one 8-ounce glass every 15 minutes until completed.</p> <p><u>NOTHING by mouth at least 4 hours prior to your scheduled procedure time – including gum, tobacco, hard candy/mints!</u></p> <p>You may take your essential morning medications with a few small sips of water, at least 4 hours prior to your procedure, unless otherwise directed by your physician.</p> <p>You will need:</p> <ul style="list-style-type: none"> -Insurance Cards -Driver’s License/Photo ID -Any co-insurance fees due -A responsible adult driver to drive you home - Referral

You will receive your procedure results via the portal. Visit www.aagastro.com to sign up today.

Phone: 410-224-2116 Fax: 410.224.2118

Milk and dairy



OK to eat:

- Milk
- Cream
- Hot chocolate
- Buttermilk
- Cheese, including cottage cheese
- Yogurt
- Sour cream

Bread and grains



OK to eat:

- Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta)
- White rice
- Plain crackers, such as Saltines
- Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)

Meat



OK to eat:

- Chicken
- Turkey
- Lamb
- Lean pork
- Veal
- Fish and seafood
- Eggs
- Tofu

Nuts, nut butter, seeds



OK to eat:

- Creamy (smooth) peanut or almond butter

Fats and oils



OK to eat:

- Butter
- Margarine
- Vegetable and other oils
- Mayonnaise
- Salad dressings made without seeds or nuts

Soups



OK to eat:

- Broth, bouillon, consomme, and strained soups
- Milk or cream-based soup, strained

NO yogurt mixed with:

- nuts, seeds, granola
- fruit with skin or seeds (such as berries)

NO whole grains or high-fiber:

- Brown or wild rice
- Whole grain bread, rolls, pasta, or crackers
- Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)
- Bread or cereal with nuts or seeds

NO tough meat with gristle

NO nuts or seeds:

- Nuts including peanuts, almonds, walnuts
- Chunky nut butter
- Seeds such as fennel, sesame, pumpkin, sunflower

NO salad dressing made with seeds or nuts

No:

- Unstrained soups
- Chili
- Lentil soup
- Dried bean soup
- Corn soup
- Pea soup

Legumes



Fruits



Vegetables



Desserts



Drinks or beverages



Other



None allowed

OK to eat:

- Fruit juice without pulp
- Applesauce
- Ripe cantaloupe and honeydew
- Ripe, peeled apricots and peaches
- Canned or cooked fruit without seeds or skin

OK for some if cooked or canned:

- Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)
- Potatoes without skin
- Cucumbers without seeds or peel

OK to eat:

- Custard
- Plain pudding
- Ice cream
- Sherbet or sorbet
- Jell-O or gelatin without added fruit or red or purple dye
- Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts

OK to eat:

- Coffee
- Tea
- Hot chocolate or cocoa
- Clear fruit drinks (no pulp)
- Soda and other carbonated beverages
- Ensure, Boost, or Enlive without added fiber

OK to eat:

- Sugar
- Salt
- Jelly
- Honey
- Syrup
- Lemon juice

NO:

- Dried peas (including split or black-eyed)
- Dried beans (including kidney, pinto, garbanzo/chickpea)
- Lentils
- Any other legume

NO seeds, skin, membranes; or dried fruit:

- Raw fruit with seeds, skin, or membranes (includes berries, pine apple, apples, oranges, watermelon)
- Any cooked or canned fruit with seeds or skin
- Raisins or other dried fruit

NO raw, skin, seeds, peel; or certain other vegetables:

- Corn
- Potatoes with skin
- Tomatoes
- Cucumbers with seeds and peel
- Cooked cabbage or Brussels sprouts
- Green peas
- Summer and winter squash
- Lima beans
- Onions

NO:

- Coconut
- Anything with seeds or nuts
- Anything with added red or purple dye
- Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts

NO:

- Fruit or vegetable juice with pulp
- Beverages with red or purple dye

NO:

- Coconut
- Popcorn
- Jam
- Marmalade
- Relishes
- Pickles
- Olives
- Stone-ground mustard