

Jeffrey P. Fenyves, M.D.

Preparation #2

ONE DAY COLONOSCOPY PREP WITH MIRALAX AND GATORADE-LIKE PRODUCTS

Patient _____ Date of Procedure: _____

Procedure: Colonoscopy Arrival time: (will call day before with exact time)

Place: The Center for Digestive Wellness, 10461 Wallace Alley St., Kingsport, TN 37663

IF YOU HAVE NOT HEARD FROM US

by **2:00 pm** the day before your procedure, please call our office for **your arrival time**.

5 DAYS BEFORE PROCEDURE (DATE): _____

1. Follow the attached **Low Residue Diet**.
2. Do not take Metamucil, Peridium, Citrucel, or any other bulk laxative.
3. Do not take iron pills or iron preparations (including multivitamins with iron).
4. Do not take aspirin, ibuprofen, Advil, Aleve, or arthritis medications.
5. You may use Tylenol and extra strength Tylenol.
6. Do not take any blood thinners, such as Coumadin, Warfarin, or aspirin, unless advised.
7. You may take all other medicines unless otherwise advised by Drs. Fenyves or Fry.

PLEASE NOTE that during your prep, you may experience some rectal irritation which can be decreased by applying **petroleum jelly (Vaseline)** to your rectum before and after bowel movements, along with the use of adult wet wipes.

TWO DAYS BEFORE PROCEDURE (DATE): _____

After your evening meal, drink one (1) 10 oz. bottle of **Magnesium Citrate**. (No prescription required – may purchase at pharmacy)

NOTE TO HEART/KIDNEY FAILURE PATIENTS: Use Miralax in clear liquids instead of Magnesium Citrate.

DAY BEFORE PROCEDURE (DATE): _____

1. You may have a light breakfast. When you start the prep, **DO NOT** eat any solid foods or milk products. You may have clear liquids all day. Examples: water, coffee (without milk), tea, carbonated beverages, apple juice, white grape juice, Jell-O, fruit flavored and powdered drinks, clear broth, bullion, hard candy and Popsicles. **AVOID RED DYES**.
 2. If you are a **DIABETIC**, only take half of your normal insulin or oral diabetic medication.
- _____

3. 12:00 noon - drink a 10 oz. bottle of **Magnesium Citrate**. *See note to Heart/Kidney failure patients on first page.
4. 3:00 p.m. - take **4 Bisacodyl (Dulcolax)** tablets with 8 ounces of water (these can be purchased over the counter at your pharmacy).
5. 6:00 p.m. - mix a 32 ounce bottle of Gatorade-like product (examples: Pedialyte, Ricelyte or ? strength orange juice) with a bottle of Miralax (255 grams). Drink within a 2 hour period.
6. Follow this with another 32 ounces of Gatorade-like product (without Miralax). Drink within 2 hours.
7. 8:00 p.m. - drink another 10 ounce bottle of **Magnesium Citrate**. *See note to Heart/Kidney failure patients above.
8. You may continue to have clear liquids up to two (2) hours prior to your procedure.
9. Notify the office if you develop a severe cold, fever, or other severe illness.

IF YOU ARE SEEING ANY STOOL OR ANY CLOUDY MATERIAL IN THE TOILET you can use as many **Magnesium Citrate** bottles as needed. It is important that you are thoroughly cleaned out in order for your physician to get a good look at your colon. *See note to Heart/Kidney patients on first page.

DAY OF PROCEDURE (DATE): _____

1. You may drink clear liquids up to 2 hours before your procedure. **DO NOT EAT.**
2. If you are taking heart, seizure, or anxiety medications, please be sure to take them before your procedure. Bring all medicine bottles with you, including diabetic medications and inhalers.
3. Do not take oral diabetic medications or insulin on the morning of your procedure.
4. Before leaving your home, take 30cc (2 tablespoons) of **Simethicone (Mylicon)**. This can be purchased at your local pharmacy without a prescription.
5. You will be administered IV sedation. Please come accompanied by a responsible driver who can drive you home. You will not be allowed to take public transportation or to drive your own car. You should not drive a car, operate machinery, or ingest alcohol for at least 8 hours.
6. Please refrain from smoking and do not wear lipstick or jewelry the day of your procedure.
7. You may bring slippers or footies for your comfort.
8. We anticipate your stay with us to be approximately 2 hours. If you are scheduled at the hospital, it could be significantly longer.

The hard part is over once you see us!