Important Information for Your Colonoscopy

Procedure
Your Colonoscopy is scheduled with Dr. ____________________________

on ____________________________ Please arrive at ________________

Your procedure is scheduled to begin at ________________

YOU WILL NEED:

- One 64oz or two 32oz of non-red Gatorade, Propel or alikes.
  (If you are diabetic you may use sugar free Gatorade)
- Two bottles of Magnesium Citrate (over the counter)
- Four Dulcolax Pills (over the counter)
- One 255 gram bottle of Miralax (generic polyethylene glycol
  prescription sent to pharmacy).

Prep Miralax Gatorade Dulcolax Magnesium Citrate

- Start clear liquids (no solid foods) on ____________________________ at ____________________________
- Take two Dulcolax pills and drink one entire 10oz bottle of Magnesium Citrate over 10-15 min ____________________________ at ____________________________
- Mix entire bottle of Miralax with the 64oz of sport drink. Then drink 8oz of prep every 10-15 min until half gone Refrigerate the remaining portion of prep ____________________________ at ____________________________
- Take two Dulcolax pills & drink 8oz of the prep every 10-15 min until prep is gone ____________________________ at ____________________________
- Discontinue all liquids on ____________________________ at ____________________________

Please remember not to take any highly colored liquids (red, blue, or green) after finishing your prescribed colonoscopy preparation.

If you experience extreme nausea or vomiting, take a break from drinking the Prep Solution for one hour. If you are still unable to resume taking the Prep after this or have any questions please call our office at 515-222-7600 for instructions.

Office hours are 8-4:30 pm; after 4:30 pm you will get the answering service and ask to speak to the doctor on call.

If your stools are still BROWNISH IN COLOR, drink one bottle of OVER THE COUNTER MAGNESIUM CITRATE at __________ am on
Important Information for Your Colonoscopy

1. Diet
   - Clear Liquid Diet includes:
     Yellow Jell-O, clear broth or bouillon, clear popsicles, Sprite, 7-up, Ginger Ale, Sierra Mist, apple juice, white grape juice, clear Gatorade, or other similar clear colored liquids.
   - Avoid Red Colored Liquids and No dairy products.

2. Procedure
   Your Colonoscopy is scheduled with Dr. ________________________________ on __________. Please arrive at __________.
   Your procedure is scheduled to begin at __________.

   Your procedure location is:
   X Mercy West Endoscopy (1601 NW 114th Street, suite 244, Clive)
   Mercy Medical Center (1111 Sixth Ave., Des Moines, West door 2nd Floor)
   Mercy Ncrth(800 E First St suite 1000, Ankeny)

3. Prep (Nulytely, Golytely, or Colyte)
   1. Start clear liquids (No Solid Foods) on __________ at __________
   2. Mix Prep Solutions, as directed, on __________ and refrigerate
   3. Start drinking the Prep Solution on __________ at __________
   Take 8oz. every 20-30 minutes until ½ solution is gone. Refrigerate.
   4. Drink second ½ on __________ at __________
   You may continue to drink clear liquids until __________ on __________

Please remember not to take any highly colored liquids (red, blue, or green) after finishing your prescribed colonoscopy preparation.

If you experience extreme nausea or vomiting, take a break from drinking the Prep Solution for one hour. If you are still unable to resume taking the Prep after this, call our office at 515-222-7600 for instructions. Office hours are 8-4:30 pm; after 4:30 pm you will get the answering service and ask to speak to the doctor on call.

If your stools are still BROWNISH IN COLOR, drink one bottle of OVER THE COUNTER MAGNESIUM CITRATE (lemon lime flavor)
Please call the scheduling team @ 515-222-7600 for any questions or concerns.