

Dr McGehee's Colonoscopy Prep Instructions MiraLAX and Dulcolax Prep

You will need to purchase the following from your pharmacy:

- 8.3 oz bottle of Miralax
- 2 Dulcolax (bisacodyl) 5mg tablets
- 64 oz. of clear liquids (Gatorade, G2, Gatorade Ice, Powerade, or Powerade Zero) to mix the Miralax in. Nothing red, green, blue, or purple.

The Day Before Your Exam:

1. The morning before your exam, mix 64 oz. of Gatorade, G2, Gatorade Ice, Powerade, or Powerade Zero (not red, green, blue, or purple) in a container and refrigerate. (DO NOT ADD ICE)
2. You can have a light breakfast (Examples include: toast, coffee, tea) followed by clear liquids (nothing else solid by mouth until after procedure - only clear liquids until starting prep).
 - ❖ Water, Propel, Gatorade, and Powerade are the preferred clear liquids (NO Red, Green, Blue, or Purple)
 - ❖ Clear fruit juices: White Grape Juice, White Cranberry Juice, Apple juice (no pulp)
 - ❖ Kool-aid (NO Red, Green, Blue, or Purple) or Pedialyte
 - ❖ Clear chicken or beef broth (must NOT contain noodles, meats, or vegetables)
 - ❖ Tea or coffee without creamer/dairy (sugar is ok)
 - ❖ Soda: Coke, Sprite, Dr. Pepper, Diet Coke, Ginger Ale, etc.
 - ❖ Jell-O and Popsicles (NO Red, Green, Blue, or Purple)
 - ❖ Coffee or tea (without milk or creamer)
3. Take the 2 Dulcolax tablets at noon.
4. At 4:00 PM, start drinking your prep. Drink one 8 oz. glass every 10 to 15 minutes. Set a timer every 15 minutes to keep pace. Continue doing this until your prep is gone. Do not eat any food after drinking the prep until after the procedure.
5. If the prep makes you feel nauseated, stop for 1-2 hours and then try to take it again. If you feel like you are "cleaned out", then go ahead and keep the endoscopy appointment the next day. You may also try drinking an 8 ounce bottle of magnesium citrate (Citroma) if you cannot tolerate the Miralax. It may take 2 bottles of the Citroma to adequately clean your colon.
6. Do your best to complete the prep and go to endoscopy as scheduled.

The Day of Your Exam:

1. **DO NOT TAKE YOUR DIABETIC MEDICATIONS THE MORNING OF YOUR PROCEDURE.** You may take any heart, blood pressure, or thyroid medications in the early morning with a SIP of water.
2. You must have a driver who is 18 years or older present throughout the procedure. If you do not have a driver with you, you will need to reschedule your appointment. This person must remain in the unit during your entire visit so that they are available for the physician to speak with after the procedure. You will not be discharged unless this person is in the unit. Because your judgment may be impaired after this procedure, you will not be released to take public transportation, a taxicab, or even walk home without another responsible adult present to accompany you.
3. **Bring all medications (in their original bottles) to the hospital for your procedure.**

IF YOU TAKE ANY BLOOD THINNERS (ASPIRIN, COUMADIN, PLAVIX, XARELTO, ELIQUIS, ETC.), THEY WILL NEED TO BE STOPPED PRIOR TO THE PROCEDURE. PLEASE CALL DR. MCGEHEE'S NURSE, JENNY, AT (334) 749-3385 AS SOON AS POSSIBLE TO DISCUSS WHEN EACH MEDICINE SHOULD BE STOPPED.

*If you must cancel or reschedule your appointment, please call the Centralized Scheduling as soon as possible at (334) 528-1215 Option #0.

*If you have not heard from pre-registration at EAMC by 12:00 PM the day before your procedure, please call (334) 363-3019 to pre-register.

*If you have any questions or concerns, please call Dr. McGehee's nurse, Kristy, at (334) 749-3385 during regular business hours.