


# Colonoscopy Prep Instructions – Miralax/Gatorade/ 2 doses of Milk of M



**YOUR BOWEL PREP IS VERY IMPORTANT** - Please read immediately and review instructions carefully! Only follow these MDTEC instructions for your prep.

If you do not follow these instructions and you are not prepped properly for your procedure, a cancellation fee will apply.

Prior to your procedure:		2 Days Prior	1 Day Prior	Procedure Day
<p><b>Purchase Milk of Magnesia and Miralax from the pharmacy.</b></p> <p><b>Purchase 64 ounces of Gatorade. (Cannot be red, blue, or purple.)</b></p> <p><b>You will need to arrange for a responsible adult to drive you home. You cannot drive until the day after your procedure.</b> A taxi, ride share, or shuttle is not an approved means of transportation <b>unless you have</b> a family member or friend with you.</p> <p><b>If you take Phentermine</b> – stop taking this <b>10 days</b> prior to your procedure.</p> <p><b>If you take iron, dietary, herbal or fiber supplements</b>, stop taking these <b>7 days</b> prior to your procedure.</p> <p><b>If you take a blood thinner-</b></p> <p><b>Please contact the prescribing doctor to obtain a blood thinner hold order.</b> The office can fax this order to us at 410-972-2698.</p> <p><b>If you see a specialist:</b> you can request that your most recent visit summary, labs, and test results from that office be faxed to us at 410-972-2698</p> <p><b>If you develop any covid, flu, or cold like symptoms within 2 weeks of your procedure date, please call us at 410-224-3636.</b></p>	<p><b>Stop</b> consuming all food with seeds, corn and nuts <b>5 days</b> prior to your procedure.</p> <p><b>Stop</b> taking all NSAIDS. Ibuprofen, Advil, Aleve, etc. <b>5 days</b> prior to your procedure. <b>You may take Tylenol as needed.</b></p> <p><b>Inhalers and Nasal Spray-</b> Continue as prescribed. Please bring with you on day of procedure.</p> <p><b>Blood Pressure and other essential medications:</b> Continue as prescribed. Take these medications on the day of your procedure with a SMALL sip of water at least 2 hours before procedure.</p> <p><b>If you use a CPAP:</b> please bring with you on the day of you procedure.</p> <p><b>If you wear contacts:</b> please remove them at home or bring your contact lens supplies with you if you don't have glasses to wear.</p> <p><b>Please leave jewelry and other valuables at home.</b></p> <p>Contact our pre-operative department with any questions at 410 224-3636 Option 2.</p>	<p>Drink at least four 8oz. glasses of water throughout the day.</p>  <p><b>Eat a light dinner.</b></p> <p><b>Have a light dinner. 6pm: Take 4 tablespoons of Milk of magnesia, followed by 32 ounces of water. No solid foods after this dose. Begin clear liquid diet.</b></p> <p><b>Acceptable clear liquids include:</b> water, clear broth, apple juice, white cranberry juice, white grape juice, soda, jello, popsicles, coffee, and tea.</p> <p>You may have any transparent liquid. Nothing with milk or creamer.</p> <p><b>Nothing red, blue or purple in color are allowed.</b></p>	<p><b>Clear liquid diet all day today.</b> Drink at least four 8oz. glasses of water throughout the day.</p> <p>No alcohol the day before or day of your procedure.</p> <p>If you are taking <b>diabetic medication</b>, cut your dose in half this day and do not take any diabetic medication day of procedure.</p> <p><b>8am: mix 8.3oz of Miralax with 64 ounces of Gatorade. Stir/ shake until dissolved. Chill solution.</b></p> <p><b>4pm: Take 4 tablespoons of Milk of magnesia, followed by 32 ounces of water.</b></p> <p><b>6pm: Drink 32oz of Gatorade/ Miralax Solution.</b></p> <ul style="list-style-type: none"> <li>• <u>Drink 8oz every 15 minutes until complete.</u></li> <li>• <u>Follow this with two 8oz glasses of water or clear liquid. Every 15 minutes for a total of two glasses.</u></li> </ul> <p>If you are unable to tolerate the prep, please call to speak to the on call doctor.</p>	<p><b>Clear liquid diet until 4 hours prior to your procedure.</b></p> <p><b>Morning Dose of Prep 5 hours prior to your procedure.</b> Drink 32oz of Gatorade/ Miralax Solution.</p> <ul style="list-style-type: none"> <li>• <u>Drink 8oz every 15 minutes until complete.</u></li> <li>• <u>Follow this with two 8oz glasses of water or clear liquid.</u></li> </ul> <p><b>You must finish all of the prep, including the water 4 hours prior to your procedure. Please call the office if your prep results are not clear like water or a transparent yellow at this time.</b></p> <p><b>You cannot have ANYTHING AT ALL by mouth for at least 4 hours prior to scheduled procedure time.</b> This includes ice, water, gum, hard candy and mints.</p> <p><b>No smoking the day of procedure. Please remember to bring your:</b></p> <ul style="list-style-type: none"> <li>-Current Medication list with the last dose for each medication taken</li> <li>-Insurance Cards</li> <li>-Driver's License/Photo ID</li> <li>-Any co-insurance fees that are due.</li> </ul>



