

TWO-DAY COLONOSCOPY INSTRUCTIONS SHEET/MIRALAX

To schedule your colonoscopy or if you have any questions about your procedure, call Dr. Niemann's office at (217) 222-6550, option #1, extension 3636.

Your appointment for your colonoscopy is _____ at the Quincy Medical Group Surgery Center at 3301 Broadway, Second Floor, Quincy, IL 62301.

TIME: Quincy Medical Group Clinical Team will call you with the arrival time one day prior to your procedure. If you need to cancel the day of the procedure, call the Quincy Medical Group Surgery Center at (217) 277-4090. **DO NOT CALL THIS NUMBER TO SCHEDULE THE APPOINTMENT.**

1. **DAY ONE:** Be on a full-liquid diet all day _____. Full liquids allowed are: milk; milk products including non-dairy creamers, coffee (black), tea, water, clear fruit juices (grape, apple, cranberry), bouillon, jello, soda, popsicles and Gatorade. No solid food.

Drink one bottle of magnesium citrate at 6 p.m. and drink plenty of fluids after drinking the magnesium citrate.

2. **DAY TWO:** Be on a clear-liquid diet all day _____. Clear liquids are anything you can pour into a glass and see through. Liquids allowed are: coffee (black), tea, water, clear fruit juices (grape, apple, cranberry), bouillon, jello, soda, popsicles and Gatorade. **(NO RED COLORING)**. No solid food, milk or milk products including non-dairy creamers.
3. You will need to purchase 2 Dulcolax (bisacodyl) laxative pills and 1 bottle of MiraLax (238 gm) and one bottle of magnesium citrate; these are over-the-counter in the laxative section. You will also need 64 ounces of Gatorade.
4. Take the 2 Dulcolax (bisacodyl) pills at 3 p.m. on _____. Mix the whole container of MiraLax with 64 ounces of Gatorade. Start drinking the mix at 4 p.m. Drink one 8-ounce glass every 15-20 minutes. Be sure to drink ALL of the solution.

WHAT TO EXPECT: After 3 hours of drinking prep, stools should be watery and you should be able to see through toilet water. If not, call Physician Exchange at (217) 222-2088.

5. You may continue with clear liquids until 4 hours prior to the procedure.
6. Since you will have a mild sedative after you arrive at the Surgery Center, you must be accompanied by someone who can drive you home after your procedure.
7. You must **DISCONTINUE** the following medications 7 days prior to your procedure: aspirin, Motrin, ibuprofen, Nuprin, Advil, Aleve, any type of arthritis medication, nonsteroidal anti-inflammatory drugs (NSAIDS), iron supplements, vitamins that contain iron, Aggrenox, any blood-thinning medications such as Plavix or Ticlid, and all herbal supplements.
8. Discontinue Coumadin 3 days prior.
9. Please be sure to take any heart or blood pressure medications with sips of water the morning of procedure.
10. You may take Tylenol products or Celebrex.

IF YOU ARE DIABETIC: The day prior to the procedure you may take your oral medication. If on insulin, take only ½ dose of insulin. Do not take oral diabetic medications on the day of the procedure. Only take ½ dose of insulin the morning of the procedure. If taking Byetta, Januvia or Victoza, hold day before procedure and morning of procedure.