



Your procedure will be performed at the following location:

- Cascade Endoscopy Center** – 1007 Harlow Road, Suite 110, Springfield, OR 97477

Visit our website to access all forms: cascadeendocenter.com or call us @ 541-726-8882

- McKenzie-Willamette Medical Center** - 1460 G Street, Springfield, OR 97477

Prior to your procedure date (please read 2 weeks prior)

- Purchase the following over the counter items at the store
 - 1 238 gram bottle of Miralax
 - Dulcolax (Bisacodyl) 5 mg laxative tablets – you will need 4 of these
 - 1 10 ounce bottle of Magnesium Citrate (clear)
 - Gatorade 64 ounce bottle (pale or pastel color, NO red or orange)
- Read over all procedure instructions. Be familiar with the clear liquid diet and prep times.
You will need to follow all instructions
- STOP iron
- STOP eating all nuts and seeds 7 days prior to your procedure
- REVIEW blood thinner/diabetic instructions if those apply to you
- NO NSAIDS (Advil, Ibuprofen, Motrin, Naproxen, Aleve, etc.) for the 2 days prior to your procedure

3 days prior to your procedure date (if applicable):

If your weight is 175 lbs or more:

1. Please purchase a bottle of Miralax® over the counter
2. Take 2 capfuls each day for the 3 days prior to your procedure

This will help to soften your stools prior to the bowel prep process. This will help to ensure you have a good clean out for your procedure.



Miralax Instructions

Please take your regularly scheduled medications during the preparation process, unless advised to stop. Take medications either 2 hours before or after drinking the prep.

1 day prior to your procedure (Prep day #1)

ONLY A CLEAR LIQUID DIET TODAY

@ 9am:

1. Take 2 Dulcolax (Bisacodyl) tablets with 8 ounces of water

@ 2pm:

1. Mix the entire bottle of Miralax with 64 ounces of Gatorade into a pitcher.
2. Drink half (32 ounces) of the mixture over 1-2 hours.
3. Drink 2 8 ounce glasses of water.

@ 5pm:

1. If you have NOT had several bowel movements by now, drink the bottle of Magnesium Citrate slowly over 1 hour. It is easier to drink if it is well chilled.

@ 8pm and Bedtime:

1. If bowel movements are still solid brown (goal is pale yellow to clear), drink the bottle of Magnesium Citrate slowly over 1 hour.
2. If you continue to have solid stool, call 541-284-1600.
3. At bedtime, take the remaining 2 Dulcolax tablets

Your procedure day (Prep day #2)

ONLY CLEAR LIQUIDS UNTIL AFTER YOUR PROCEDURE

@ 5 hours prior to your procedure time: _____ (please use this space to write in your start time)

1. Drink the remaining 32 ounces of the Miralax mixture.
2. Drink 2 8 ounce glasses of water.

Your bowel movements should become yellow to clear, looking like urine

@ 3 hours prior to your procedure time: _____ (please use this space to write in your start time)

1. **STOP** all fluids 3 hours prior to your procedure time; not following this will delay your procedure

Do not use tobacco, alcohol, or marijuana today

You MUST have a driver to take you home after your procedure

Clear Liquid Diet

Please remember that for a colonoscopy procedure you will be on a clear liquid diet **the DAY OF AND THE DAY PRIOR** to your appointment.

Please ensure that you do not only drink water during your bowel preparation process; this can lead to dehydration.

Clear liquids are those which you can see through. No solids, pulps, and no dairy.

Look for clear, green, yellow flavors and colors

AVOID: Red, orange, purple dyes; as these can look like blood

AVOID: Alcohol during the preparation process

You will need to include liquids with calories, sugar, and electrolytes as you are not eating; even if you are diabetic. Please use the diabetic handout if this applies to you.

Remember, you **must STOP ALL FLUIDS for the 2 hours prior** to your procedure

So what can I have?

- Black coffee, tea
- Clear juices: Apple, white grape, lemonade
- Coconut Water - No pulp
- Sodas/Pop: Pepsi, Coke, Sprite, etc. - *Watch color/flavor selection as noted above*
- Clear sports drinks: Gatorade, Powerade, Propel, Pedialyte - *Watch color/flavor selection as noted above*
- Broths/bouillon (chicken, beef, vegetable, bone)
- Jell-O - *Watch color/flavor selection as noted above*
- Popsicles/Italian ice - *Watch color/flavor selection as noted above*
- Gummy Bears - *Watch color/flavor selection as noted above*

Please note that this is not an all-inclusive list, please call us if you have specific questions.