



NO Magnesium Citrate Prep

Please call our surgery scheduler at 715-268-0560 with questions.  
\*Call 715-268-8000 and ask for triage with questions after 4pm or during the weekend.

Dear \_\_\_\_\_,

You are scheduled for a COLONOSCOPY on \_\_\_\_\_ with Dr. \_\_\_\_\_.

\_\_\_\_ You will be called with your arrival time. \_\_\_\_ Please arrive at: \_\_\_\_\_.

## **Before your procedure**

- Aspirin, Plavix (Clopidogrel), Coumadin (Warfarin), Xarelto (Rivaroxaban), Eliquis (Apixaban), and Pradaxa (Dabigatran) are medications that **need to be addressed before a colonoscopy; if you are prescribed any of these drugs be sure to have instructions from your doctor about them prior to the procedure.**
- If you have **diabetes**, contact your primary care physician for medicine and dietary instructions.
- Arrange to have someone **drive you home** after the exam. If you do not have a ride, we will have to cancel your procedure.
- Purchase the following ingredients for the colon prep:  
(Most grocery stores, drug stores, and large retailers carry those listed below or a generic form.)
  - Four Dulcolax tablets (5 mg each)
  - Miralax powder (238 gram bottle)
  - Gatorade (G zero for diabetes) (64 oz) **\*no red or purple\***
  - Two Gas-X Extra Strength (125 mg each)

**Three days before** the procedure you should start a low fiber diet. (instructions included)

**Two days before** the exam continue the low fiber diet but **do not** eat solid food after midnight.

## **The day before your exam:**

❖ **You are to have only clear liquids all day, no solid food at all.** (suggestions included)

1. Between 2:00 p.m. and 5:00 p.m., take the Four Dulcolax tablets.
2. Two hours later mix Miralax and Gatorade together, Drink 8 ounces of the mixture every 10-15 minutes until you have only 8 oz remaining. Save the remaining 8 oz of Gatorade/Miralax mixture for tomorrow morning. You may continue to have clear liquids throughout the night.
3. Take the two Gas-x tablets with your last glass of prep for the evening.

## **The morning of the procedure:**

- 3 hours before your arrival time, drink the remaining 8 oz of Gatorade/Miralax mixture. Do not drink anything else after.
- You may take your regular morning meds with a small sip of water, unless instructed otherwise.
- Register at the front desk at your arrival time; plan to be with us for approximately two hours.
  - Please bring your insurance card and photo ID.
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**Financial Responsibility:** It is important for you to check with your insurance carrier prior to this procedure as coverage can change if a polyp is removed or a biopsy is taken. Ask specifically about insurance coverage for a Screening exam versus a Diagnostic exam (polyp removed or biopsy taken). If you have no insurance, please contact our Financial Counselor at 715-268-0254.

## Low Fiber Diet Guidelines

Foods Recommended	Foods to Avoid
<p><b>Breads, Cereal, Rice and Pasta:</b></p> <ul style="list-style-type: none"> <li>• White bread, rolls, biscuits and croissant</li> <li>• Waffles, French toast and pancakes</li> <li>• White rice, noodles, pasta, macaroni and peeled cooked potatoes</li> <li>• Plain crackers, Saltines</li> <li>• Cooked cereals: Cream of Rice</li> <li>• Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes and Special K</li> </ul>	<p><b>Breads, Cereal, Rice and Pasta:</b></p> <ul style="list-style-type: none"> <li>• Breads or rolls with nuts, seeds or fruit</li> <li>• Whole wheat, pumpernickel, rye breads and cornbread</li> <li>• Potatoes with skin, brown or wild rice and kasha (buckwheat)</li> </ul>
<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans</li> <li>• NO CORN</li> </ul>	<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Raw or steamed vegetables</li> <li>• Vegetables with seeds</li> <li>• Sauerkraut</li> <li>• Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn</li> </ul>
<p><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>• Strained fruit juice</li> <li>• Canned fruit juice</li> <li>• Canned fruit, except pineapple</li> <li>• Ripe bananas</li> <li>• Melons</li> </ul>	<p><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>• Prunes and prune juice</li> <li>• Raw or dried fruit</li> <li>• All berries, figs, dates and raisins</li> </ul>
<p><b>Milk/Dairy:</b></p> <ul style="list-style-type: none"> <li>• Milk, plain or flavored</li> <li>• Yogurt, custard and ice cream</li> <li>• Cheese and cottage cheese</li> </ul>	<p><b>Milk/Dairy:</b></p> <ul style="list-style-type: none"> <li>• Yogurt with nuts or seeds</li> </ul>
<p><b>Fats, Snack, Sweets, Condiments and Beverages:</b></p> <ul style="list-style-type: none"> <li>• Margarine, butter, oils, mayonnaise, sour cream and salad dressing</li> <li>• Plain gravies</li> <li>• Sugar, clear jelly, honey and syrup</li> <li>• Spices, cooked herbs, bouillon, broth and soups made with allowed vegetables</li> <li>• Coffee, tea and carbonated drinks</li> <li>• Plain cakes and cookies</li> <li>• Gelatin, plain puddings, custard, ice cream, sherbet, popsicles</li> </ul>	<p><b>Fats, Snack, Sweets, Condiments and Beverages:</b></p> <ul style="list-style-type: none"> <li>• Nuts, seeds and coconut</li> <li>• Jam, marmalade, preserves</li> <li>• Pickles, olives, relish and horseradish</li> <li>• All deserts containing nuts, seeds, dried fruit, coconut or made from whole grains or bran</li> <li>• Candy made with nuts or seeds</li> <li>• Popcorn</li> <li>• Crackers and snack chips made with whole grains or bran</li> </ul>
<p><b>Meats and other proteins:</b></p> <ul style="list-style-type: none"> <li>• Ground, well-cooked tender beef, lamb, ham, veal, pork fish, poultry and organ meats</li> <li>• Eggs</li> <li>• Peanut butter without nuts</li> </ul>	<p><b>Meats and other proteins:</b></p> <ul style="list-style-type: none"> <li>• Tough, fibrous meats with gristle</li> <li>• Dry beans, peas and lentils</li> <li>• Peanut butter with nuts</li> <li>• Tofu</li> </ul>

## Clear Liquid Diet

**Suggested clear liquids include:** Water, broth, coffee and tea (without milk or non-dairy creamer), Gatorade, Pedialyte, clear carbonated and non-carbonated soft drinks, clear fruit juices without pulp (apple, white grape), powdered lemonade, popsicles and jello. **No Red or Purple liquids. No Solid Foods.**

### Tips for Colon Cleansing

- You may use over the counter hydrocortisone creams and hemorrhoid treatments or tucks wipes as necessary. You may want to purchase alcohol free baby wipes to ease anal irritation and you may also apply Vaseline to protect the skin from irritation.
- Chill the solution in your refrigerator or by setting it in a bowl of ice. **DO NOT** add ice to your drinking glass.
- Set a timer for every 10 minutes; drink the whole glass quickly. The action of this preparation is partly a "flushing" or "dumping" syndrome: if it goes in quickly (dumping it in), it will aid in the cleansing or clearing of the colon.
- Even if you are sitting on the toilet, continue to drink every 10 minutes.
- Expect that you will be uncomfortable until the stool has cleared from your bowel.
- If you experience nausea or vomiting, rinse your mouth with water, take 15 to 30 minute break and then continue drinking the prep solution.

- Eventually your stools will be liquid, and clear enough so that you can see the bottom of the toilet. Continue drinking until the solution is gone.