

# ARIZONA DIGESTIVE HEALTH

3815 E Bell Rd Suite 1250, Phoenix, AZ 85032  
(602) 493-3030

9250 N. Third St. Suite 4035 Phoenix, AZ 85020  
(602) 279-3575

## 2 Day Prep – Miralax-Gatorade / Magnesium Citrate

Procedure Date: \_\_\_\_\_ Procedure Time: \_\_\_\_\_ Check- In Time: \_\_\_\_\_  
(Arrive one hour prior to procedure)

North Valley Endoscopy Center  
15255 N. 40<sup>th</sup> St Bldg. 8 Ste 157  
Phx, AZ 85032

Honor Health JCL NM Hospital  
250 E. Dunlap Phx, AZ 85020  
(Main Entrance ~Information Desk)

**COLON CANCER STRIKES NEARLY 150,000 PEOPLE IN OUR COUNTRY EVERY YEAR AND OVER 50,000 DIE  
COLONOSCOPY HAS BEEN SHOWN TO REDUCE INCIDENCE AND MORTALITY FROM COLON CANCER  
To ensure a successful exam, please follow all instructions carefully.**

You **MUST** arrange a ride for the day of your procedure. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled. If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor. Please bring a list of all of your current medications, including any over-the-counter medications with you. **If you must cancel or reschedule your appointment, please call your doctor's office as soon as possible.**

### PURCHASE THE FOLLOWING SUPPLIES AT YOUR LOCAL PHARMACY

- 6- Dulcolax **Laxative** Tablets (overnight relief) containing 5 mg of bisacodyl each (**NOT** stool softener) (Generic is ok)
- 1 - 8.3 oz. bottle of Miralax (Generic: Clearlax) (238 grams)
- 1-10 oz bottle of Magnesium Citrate
- 1-64 oz clear liquids (**NO RED, PURPLE**). Gatorade, G2, Gatorade Ice, Powerade, Powerade Zero, or Water is acceptable.

### STOP THE FOLLOWING MEDICATIONS AS INSTRUCTED BELOW (2 to 7 days before your procedure)

- **Hold GLP-1's such as:** Ozempic, Trulicity, Mounjaro , Byetta, Bydureon, Victoza, Adlyxin, Rybelsus.
  - **If weekly injectables, hold 1 week prior to your procedure.**
  - **If daily dosing, hold the day of your procedure.**
- **Blood Thinners including:**
  - **Discontinue 5 days before your procedure:** Plavix, Coumadin/Warfarin, Clopidogrel, Effient, Prasugrel and Aggrenox.
  - **Discontinue 2 days before your procedure:** Brilinta Eliquis, Xarelto/Pradaxa.
- If not sure medications you are taking are blood thinners, CONSULT your Physician/Pharmacist

### THREE (3) DAYS BEFORE YOUR COLONOSCOPY:

Begin a light diet. Stop eating all nuts, seeds, popcorn, and red meat.

### **Day 1 Prep:**

On \_\_\_\_\_: (2 DAYS BEFORE YOUR COLONOSCOPY):

- You will be on a **CLEAR LIQUID DIET, NO SOLID FOOD** all day.
- Drink at least 8 glasses of water during the day to avoid dehydration.
- **Between 4 and 5 pm**  
Drink one 10 oz. bottle of chilled Magnesium Citrate.

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## Day 2 Prep:

On \_\_\_\_\_: (1 DAY BEFORE YOUR COLONOSCOPY):

- Continue your **CLEAR LIQUID DIET, NO SOLID FOOD** all day. Drink at least 8 glasses of water during the day to avoid dehydration.
- **At 12 noon**, take 4 Dulcolax tablets. Mix 64 oz. of liquid with 8.3 oz. bottle of Miralax-Gatorade (Generic: Clearlax) and refrigerate (DO NOT ADD ICE).
- **Between 4 and 5 pm**, drink one 8 oz. glass of the Miralax (Generic: Clearlax)/Gatorade solution and continue drinking one 8oz. glass every 15 minutes thereafter until the mixture is gone. Set a timer for every 15 minutes to keep pace. **May cause you to be very cold...this is normal.**
- **At 7:30pm**, take 2 more Dulcolax tablets.

### Clear Liquid:

- Gatorade, Pedialyte or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Strained fruit juices (no pulp)
- Jell-O, popsicles, hard candy (no red or purple)

### Not Clear Liquid:

- **NO RED, PURPLE OF ANY KIND**
- No alcohol
- No milk or non-dairy creamers
- No noodles or vegetables in soup
- No juice with pulp
- No liquid you cannot see through

## DAY OF YOUR COLONOSCOPY

- **"NOTHING to eat or drink at least 8 hours before your procedure"**. No sips, no ice, no gum, and no hard candies 8 hours before your procedure.
- **If you followed all instructions and your stool is no longer formed, but clear or yellow liquid, you are ready for the exam.**

## SPECIAL INSTRUCTIONS FOR MEDICATIONS:

- **HEART/BLOOD PRESSURE MEDICATIONS-** May be taken the day of the procedure with a small sip of water.
- **DIABETIC MEDICATIONS-** The day before your procedure take ½ your morning dose. **DO NOT TAKE** any diabetic medication the night before or morning of your procedure.

## COLON CLEANSING TIPS

1. Stay near a toilet! You will have diarrhea which can be quite sudden.
2. Even if you are sitting on the toilet, continue to drink the cleansing solution every 15 minutes.
3. If you feel nauseous or vomit, rinse your mouth with water, take a 30-90 minute break, then continue drinking the cleansing solution.
4. You will be uncomfortable until the stool has flushed from your colon (in about 2 to 4 hours)  
Alcohol-free baby wipes or Vaseline may help ease skin irritation.
5. Over-the-counter hydrocortisone creams, hemorrhoid treatments or Tucks medications may be used as desired.

**Any questions or you need to change your scheduled date/time please call:**