

**PREPARING FOR YOUR COLONOSCOPY**  
**Mag Citrate plus Miralax Prep- Split dose**  
**PRINCETON GASTROENTEROLOGY ASSOC. PA**  
 To Schedule Call # 609-924-1422 Fax# 609-924-7473

Purchase the following **OVER THE COUNTER** products for your bowel prep:

- Magnesium Citrate 10 oz bottle
- Miralax Laxative Powder 238 gm bottle
- 2 Quarts of either water, apple juice, iced tea, Crystal light, or diluted Gatorade (1 quart Gatorade and 1 quart water)--**NO RED OR PURPLE COLORS**

**7 DAYS BEFORE YOUR PROCEDURE:**

- **Do NOT take aspirin or anti-inflammatory medications such as Advil, Aleve, Excedrin, Ibuprofen, Motrin, Nuprin, etc.** unless otherwise directed by your physician.
- You **may** take Tylenol or Acetaminophen if necessary.
- Do **Not** eat any seeds, nuts or whole grain breads ( 7 days before your procedure ).

**ON THE DAY BEFORE YOUR COLONOSCOPY:**

- **Drink only clear liquids all day---about one 8 ounce glass every hour.**
- **Do NOT eat any solid food or dairy products.**
- You **can have** any of the following as long as they are **NOT RED OR PURPLE colored.**
  - Clear juices **without** pulp: apple, white grape, lemonade, white cranberry
  - Water, clear soda (7-Up, Sprite, ginger-ale...No cola), Gatorade, Powerade, plain Jell-O, ice popsicles
  - Iced or hot coffee or tea (without milk or non-dairy creamer) Any type of sweetener is ok.
  - For **meals**, please drink clear broth or bouillon ( chicken, beef, or vegetable)
- **At 5 PM** drink the 10 oz bottle of Magnesium Citrate.
- **Next, mix** the entire bottle of **Miralax** with **2 Quarts of any of the following: water, apple juice, iced tea, or diluted Gatorade.** Stir until dissolved and refrigerate.

-----**If your procedure is scheduled BEFORE 10:30 AM**-----

- **At 7 PM** drink 1 quart of the mixture --- one 8 ounce glass every 30 minutes, for a total of four 8 ounce glasses.  
 \_\_\_\_\_ **7PM**                      \_\_\_\_\_ **7:30PM**                      \_\_\_\_\_ **8PM**                      \_\_\_\_\_ **8:30PM**
- **At 10 PM** drink the remaining quart of the mixture at a rate of one 8 oz glass every 30 minutes, for 4 more glasses. Nothing to drink after 2AM.  
 \_\_\_\_\_ **10PM**                      \_\_\_\_\_ **10:30PM**                      \_\_\_\_\_ **11PM**                      \_\_\_\_\_ **11:30PM**

----OR----

- **If your procedure is scheduled AT 10:30 AM or LATER---**
- **At 7 PM** drink 1 quart of the mixture --- one 8 ounce glass every 30 minutes, for a total of four 8 ounce glasses.  
 \_\_\_\_\_ **7PM**                      \_\_\_\_\_ **7:30PM**                      \_\_\_\_\_ **8PM**                      \_\_\_\_\_ **8:30PM**
- **At 5:00 AM** (day of procedure) – drink the remaining quart of the mixture – one 8 oz glass every 30 minutes for 4 more glasses. Do **not** have anything to eat or drink, not even water **after 7:00 AM** (day of procedure).  
 \_\_\_\_\_ **5AM**                      \_\_\_\_\_ **5:30AM**                      \_\_\_\_\_ **6AM**                      \_\_\_\_\_ **6:30AM**

**Pre-Op Testing:**

- If the doctor has requested you to obtain any special testing or pre-procedure clearance prior to the procedure, follow up with our office to make sure we have received the results. **Failure to do so may result in you not being able to receive anesthesia.**
- **Testing requested:** \_\_\_\_\_ EKG \_\_\_\_\_ CBC \_\_\_\_\_ Comp. Met. Panel

**YOUR PROCEDURE IS SCHEDULED AT:**

**Princeton Endoscopy Center, LLC, First Floor  
Princeton Plaza, 731 Alexander Rd, Princeton  
Telephone : 609-452-1111  
Parking & Entrance are at the rear of the building**

**Medical Arts Pavillion  
5 Plainsboro Road, Second Floor  
Plainsboro, NJ 08536  
Steve & Roxanne  
Distler Center for Ambulatory Surgery**

**ON THE DAY OF THE PROCEDURE:**

- Be sure to bring your insurance card and PHOTO ID
- Bring a referral for the facility, if your insurance plan requires one
- Someone **MUST** drive you to and from your appointment as you will be receiving sedation which impairs your ability to drive an automobile.
- You may take a taxi **ONLY if you are accompanied by an escort over the age of 18.** The taxi driver is **NOT** an acceptable escort.
- **DO NOT** drive for the entire day
- **NO gum, NO mints, NO cough drops within 6 hours of your arrival time.**
- Please brush your teeth the morning of the procedure: rinse and spit.

\_\_\_\_\_ **If you usually take blood pressure or cardiac medication: take it AS USUAL, at least 4 hours before the arrival time with a small sip of water.**

\_\_\_\_\_ **Please do NOT take your LASIX/furosemide/BUMEX on the days of your preparation and your procedure.**

**If you are diabetic:**

\_\_\_\_\_ Obtain specific insulin instructions for the day of the prep and the day of the procedure from your primary doctor or endocrinologist.

\_\_\_\_\_ Do **not** take your oral diabetic medications the morning of the procedure. You will receive specific instructions about when to take it when you are discharged from the Endoscopy Facility.

**If you take Coumadin or Plavix or Aspirin:**

\_\_\_\_\_ You should **not** take Coumadin for \_\_\_\_\_ days before the procedure unless you are otherwise instructed.

\_\_\_\_\_ You should **not** take Plavix for \_\_\_\_\_ days before the procedure unless you are otherwise instructed.

\_\_\_\_\_ You should continue to take your aspirin unless otherwise instructed.

\_\_\_\_\_ Day of procedure, take all of your vitamins and supplements **AFTER THE PROCEDURE.**

\_\_\_\_\_ Day of procedure, you can **take** your asthma medication(s) also please **bring** your asthma medication(s) to the Endoscopy Center / Hospital.

The procedure generally takes about **20 minutes**, but you should plan on being present for about **1 ½- 2 hours**.

Nurse's Notes: \_\_\_\_\_

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