



# SOUTHWEST ENDOSCOPY

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Diplomates of the American Board of Internal Medicine in Gastroenterology

## **COLON EGD MIRALAX GATORADE with MAGNESIUM CITRATE PREP**

Procedure Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Physician: \_\_\_\_\_

\_\_\_\_\_ **Southwest Endoscopy**  
7788 Jefferson NE  
Albuquerque, NM 87109  
(On east side of street, between  
San Antonio & Paseo Del Norte)  
(505)999-1600 phone

\_\_\_\_\_ **Lovelace Downtown**  
601 Martin Luther King Jr Ave  
Albuquerque, NM 87102  
(Report to the 1<sup>st</sup> floor “Admitting”)  
(505)727-8000 phone

### **Preparation Instructions:**

You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If there are any growths or other abnormalities found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy. Please remember to arrange for a responsible adult to be here with you during the procedure. If you do not have a responsible adult driver, your procedure will be canceled and rescheduled. Review the preparation schedule below for the days preceding your colonoscopy. If you need further assistance please call the office at (505)999-1600.

#### **1 Week Prior**

#### **Purchase the following:**

- \*Miralax Powder, 8.3oz (238 gm) bottle
- \*Ducolax (Bisacodyl) Laxative 5mg, 4 tablets
- \*1 Bottle of Magnesium Citrate
- \*64oz Gatorade or Gatorade G2
- \*OPTIONAL for sore bottom – Plain or Aloe Baby Wipes, Desitin or A&D Ointment

Discontinue iron supplements or vitamins containing iron.

If you have diabetes please consult with your doctor for further instructions on managing medication.

Let us know if you are on Plavix or Coumadin.

Do not stop taking any medications unless otherwise instructed by your GI doctor.

#### **3 Days Prior**

No fruits, vegetables, corn

No foods that contain seeds like tomatoes, green chili, sesame seed buns, etc

You can eat beef, chicken, fish, rice, pasta, breads without seeds, peanut butter, eggs, cheese and cereal.

### **LAST CHANCE TO CANCEL APPOINTMENT**

Please call our office if you need to reschedule your appointment (505)999-1600

A \$100 fee will be assessed for cancellations with less than 48 business hours notice.

**2 Days Prior**

At 5:00pm, drink 1 bottle of Magnesium Citrate.  
Drink at least 8 large glasses of water throughout the day.  
**NO SOLID FOODS AFTER MIDNIGHT**

**CLEAR LIQUID LIST**

Water  
Coffee, Decaf Coffee (no milk or cream)  
Tea (no laxative teas)  
Soft Drinks – Regular or Diet  
Apple, White Grape or Cranberry Juice  
Gatorade, Kool-aide (NO RED OR PURPLE)  
Lemonade, Limeade  
Clear Fat Free Beef, Chicken or Vegetable Broth or Bouillon  
Snow Cones, Popsicles (No Ice Cream or Sherbet)  
Hard Candies  
Jello (NO RED, Fruit or Toppings)  
Alcohol is not permitted  
DO NO CONSUME RED OR PURPLE  
**PLEASE AVOID ANY LIQUIDS NOT ON THIS LIST**

**1 DAY PRIOR**

**BEGIN CLEAR LIQUID DIET – NO SOLID FOODS**

\*12pm: Take 4 Bisacodyl laxative tablets with 8oz of water.

\*Drink at least 6 large glasses of water during the afternoon.

\*Thoroughly mix 8.3oz of Miralax with 64oz of Gatorade or Gatorade G2.

**Morning Procedure:** After your clear liquid dinner, drink an 8oz glass of Miralax Gatorade mixture every 10-15 minutes, if this is difficult try every 20 minutes. Continue drinking until you finish the whole 64oz.

**Afternoon Procedure:** You may drink your Miralax Gatorade mixture on the morning of your procedure, starting at least 6 hours prior to your appointment time. Follow the above directions.

**Procedure Day**

\***Morning Procedure**, take nothing by mouth except for your usual medications with small sips of water (see below).

\***Afternoon Procedure**, you may only drink clear liquids in addition to your Miralax Gatorade. After you finish drinking your prep, take nothing by mouth except for your usual medications with small sips of water (see below).

\*Take completed Southwest Endoscopy Patient Medication History with you to the procedure.

\*Do not bring or wear jewelry. Leave valuables with the responsible adult who accompanies you.

\*Take your medications at least 2 hours prior to your procedure. **Do not skip heart, blood pressure or seizure medications.**

\*You will need your **Current Insurance Card, Picture ID and Copayment.**