

**Summit Surgical**  
**1818 E. 23<sup>rd</sup> Ave**  
**Hutchinson, Ks 67502**  
**620-663-4800 phone**  
**Instructions for Colonoscopy Prep**

**You will need to purchase:**

- 1 Bottle Magnesium Citrate Saline Preparation (do not purchase the cherry flavored)
- 1 - 8.3 ounce bottle of Miralax
- 6 - Dulcolax Tablets

These may all be purchased over-the-counter at any pharmacy or drugstore.

***TO AVOID THESE POSSIBILITY OF CANCELLING YOUR PROCEDURE, MAKE SURE YOU FOLLOW THE BELOW PROCEDURE***

<b>Two Weeks Before the Procedure</b>	<b>One Week Before the Procedure</b>	<b>Five Days Before the Procedure</b>	<b>Two Days Before the Procedure</b>	<b>Day Before the Procedure</b>
<b>Stop taking</b> <ul style="list-style-type: none"> <li>• herbal medicines</li> </ul>	<b>Stop taking:</b> <ul style="list-style-type: none"> <li>• Iron</li> <li>• Pepto Bismal</li> </ul>	<b>Stop taking:</b> <ul style="list-style-type: none"> <li>• Aspirin</li> <li>• Vitamin E</li> <li>• Motrin</li> <li>• Advil</li> <li>• Aleve</li> <li>• Ibuprofen</li> </ul> <b>Stop taking:</b> Blood Thinners: <ul style="list-style-type: none"> <li>• Coumadin</li> <li>• Warfarin</li> <li>• Plavix (if approved by physician)</li> </ul>	Eat a light lunch and Dinner	<b>Drink clear liquids only:</b> <ul style="list-style-type: none"> <li>• Juices without pulp (apple or lemonade)</li> <li>• Coffee or Tea (honey, sugar, and sugar substitutes can be used but no milk or creamers)</li> <li>• Kool-aid/Gatorade (no red or purple)</li> <li>• Jello (no red or purple)</li> <li>• Hard Candy</li> <li>• Clear soup, broths or bouillion</li> <li>• Soft drinks (any kind, light or dark)</li> <li>• Water</li> <li>• Popsicles or Ices (no red or purple)</li> </ul>
			<b>4pm</b> Drink 1 bottle of Magnesium Citrate  <b>6pm</b> Take 2 Biscodyl tablets	<b>10am</b> Take 4 Biscodyl tablets  <b>2pm -6pm</b> Mix one 8.3 ounce bottle of Miralax Powder in 64 ounces of water or clear Gatorade Drink 8 ounces of Miralax mixtures every 10-20 minutes until gone <b>Midnight</b> Nothing to eat or drink until after the procedure

**Remember you will need someone to drive you home after the procedure and someone to stay with you for 24 hours following the procedure**