Stony Brook Medicine

Colonoscopy Preparation Instructions:
Two Day Miralax/Mag Citrate
Bowel Prep

Name: _____

Procedure: Colonoscopy_____

Physician: _____

Location: _____

Date of Procedure: _____

Arrive at: _____

Please note: As a courtesy to other patients and to your doctor, please call (631) 444-5220 as soon as possible if you are unable to keep your appointment.

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AS SOON AS POSSIBLE

1. Make arrangements for a responsible adult to accompany you when leaving the procedure, even if taking public transportation. **Your procedure may be canceled if we cannot confirm your transportation on the day of the procedure. Taxi and Rideshare (Uber®, Lyft® etc.) drivers are not acceptable.**

2. If you take any medications that increase your risk of bleeding, you must ask the prescribing doctor when to stop taking the medication before the procedure. The most common of these medications include but are not limited to:

Warfarin (Coumadin®)	Effient (Prasugrel®)
Clopidogrel (Plavix®)	Apixaban (Eliquis®)
Ticagrelor (Brilinta®)	Dabigatran (Pradaxa®)
Rivaroxaban (Xarelto®)	Enoxaparin (Lovenox®)

You may continue taking aspirin unless otherwise instructed

3. For patients with diabetes
   - Stop metformin containing medications 24 hours before procedure
   - Hold all non-insulin medications the morning of the procedure
   - Contact your diabetes doctor to adjust your insulin dose during the bowel preparation
   - If you use an insulin pump, a **written letter** from your endocrinologist giving clear instructions on adjustments for basal rate before and during the procedure will be required.
   - If you use oral diabetes medications, do not take these medications on the morning of your procedure

4. If you have a pacemaker or defibrillator, please make sure your doctor is aware and bring the device card with you to your procedure

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5 DAYS PRIOR TO COLONOSCOPY

- Buy one 238g bottle of MiraLAX®, one 119g bottle of MiraLAX®, 2 bottles of Magnesium Citrate, and 4 Dulcolax tablets (5mg each). Also purchase 64 ounces of your favorite clear liquid (see list below)
- Stop taking any iron supplements, herbal medications, or fish oil
- Open the 119g bottle of MiraLAX and take 1 capful dissolved in water, juice or coffee once a day until day before colonoscopy
- Avoid eating any nuts or seeds including poppy seeds, sesame seeds and sunflower seeds, any fruits or vegetables with seeds, or corn.
- Call the Admitting Office at (631) 444-1870 and provide your insurance information
- Confirm your transportation for the day of your procedure
- Please call if you need to reschedule your procedure

2 DAYS PRIOR TO COLONOSCOPY

- **Do not eat any solid or soft food. Drink plenty of clear liquids throughout the day to prevent dehydration from the bowel preparation. Do not drink alcohol.**

  Examples of clear liquids (able to be seen through when poured into a glass) include:

  - ✓ Water
  - ✓ Clear juices without pulp (apple or white grape juice)
  - ✓ Clear soup broth or bouillon
  - ✓ Tea or coffee (1 cup)
  - ✓ Gatorade®, Powerade® or similar sports drink (no red or purple)
  - ✓ Ginger-ale or Lemon-lime soda (7-Up® or Sprite®)
  - ✓ Jell-O® (no red or purple)
  - ✓ Popsicles (no red or purple)

- **At 5PM, drink one 10oz bottle of Magnesium citrate followed by 3 glasses of water**
- **At 10PM, drink the second bottle of Magnesium Citrate followed by another 3 glasses of water.**

1 DAY BEFORE YOUR COLONOSCOPY

- Continue the same liquid diet your took the day prior
- Mix the 238g bottle of MiraLAX in a pitcher with 64oz of clear liquid, shake until mixed and place in refrigerator.
- **At 4PM,** take the 4 Dulcolax tablets with water
- **At 6PM,** drink half of the prepared pitcher (32oz) over 1-2 hours
  - ➢ It is normal to feel full and bloated during the prep
  - ➢ If you experience vomiting, stop taking the prep, wait 30 minutes and then restart and drink it slowly. If you vomit again, call our office (631) 444-5220
- Continue to drink clear liquids throughout the evening

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ON THE DAY OF YOUR COLONOSCOPY

Before leaving home

- **6 hours before your scheduled procedure time,** drink the second half of the prepared pitcher. Depending on the time of your procedure, this might be in the middle of the night. Correct timing is essential for an optimal bowel prep – set an alarm clock if necessary.
- **All prep and clear liquids should be finished 5 hours before the procedure time**
- **No gum or hard candies**
- **Take your heart and blood pressure medications with a sip of water on the day of your procedure.**
- **Do not take any insulin or oral diabetes medications**
- Bring a list of your current medications
- Bring your defibrillator/pacemaker card if you have one
- Wear comfortable loose fitting clothing and flat shoes or sneakers.
- Do not wear jewelry or bring any valuables
- Do not wear contact lenses

□ FOR PROCEDURES AT THE HOSPITAL

- Park in the main visitor parking garage; validation will be provided for one vehicle. Valet parking **IS NOT** eligible for validation. **You must bring the parking ticket to endoscopy for validation.**
- Report to registration on hospital level 5 (lobby) 1 hour before your scheduled procedure time. They will then send you to endoscopy on 14 North.

□ FOR PROCEDURES AT THE AMBULATORY CARE PAVILION (ACP)

- Directions and map to the ACP building can be found on the next page
- You can park at the gated parking lot in front of the building. **You must bring the parking ticket to endoscopy for validation.**
- **Check in at the front desk 30 minutes before your procedure time and they will direct you to endoscopy**

You should expect to be at the hospital or ACP for approximately 3 hours from time of registration to discharge from the endoscopy suite

The Ambulatory Care Pavilion at Stony Brook Medicine.
3 Edmund Pellegrino Road, Stony Brook NY

Directions:

- Heading north on Nicolls Road, turn right onto E Loop Road. Then, make a left at the first traffic light onto Edmund D Pellegrino Road.
- While on Edmund D Pellegrino Road, head towards the signs that say “Breast Center” (we are located in the same building as the Breast Center/Old Cancer Center).
- Drive through the 1st traffic circle and continue straight.
- At the 2nd traffic circle, make a U-turn so you are going the opposite direction (see attached map for details).
- Veer to the right and you will see an entrance to a small gated parking lot in front of the building.
- Please press the button and take a parking ticket that we will validate for you. If the gate is up, drive through it and park.
- The front desk will ask you for your name and will direct you to endoscopy

