



## 2 DAY PREP INSTRUCTIONS

Read at least 10 days prior to test

Please report to OVAL REGISTRATION DESK on the 1<sup>st</sup> floor at NORTHEASTERN HEALTH SYSTEM Tahlequah for your colonoscopy by Dr. William Simpson at **(arrival time given)** on **(procedure date)**

*Please read instructions on pre procedure page concerning diabetes meds.*

**\*\*Please take blood pressure, heart and seizure medications the morning of your test\*\***

1. **CLEAR LIQUIDS STARTING ON (2 days prior to procedure)** AND CONTINUE CLEAR LIQUIDS UNTIL YOU ARE INSTRUCTED TO HAVE NOTHING BY MOUTH THE DAY OF YOUR PROCEDURE. Clear liquids include all of the following: water, tea, clear soft drinks, coffee, Gatorade clear juices, Jell-O, bouillon, broth and popsicles. No milk, cream, fruit, solids or pulp. NOTHING red in color.
2. MAY TAKE 1 DOSE OF MILK OF MAGNESIA IN THE **PM ON (2 days before the procedure)**
3. DRINK A BOTTLE OF MAGNESIUM CITRATE IN THE **AM ON (day before procedure)**
4. On **(day before procedure)** at **5pm**, you will begin your prep as follows:
  - 5pm**: take 4 ducolax tablets. Mix 64 oz. sports drink with the 8.3 oz. bottle of miraLAX and place in the refrigerator. **(DO NOT ADD ICE)**
  - 7pm**: drink one 8 oz. glass of the MiraLAX/sports drink solution & continue drinking one 8 oz. glass every 15 minutes thereafter until the mixture is gone. Set timer if needed.
5. On the morning of **(procedure date)**:
  - At **(4 hours prior to arrival time)** drink 1 bottle of magnesium citrate.
  - At **(3 hours prior to arrival time)** take 4 dulcolax tablets by mouth.
6. **May continue clear liquids until (2 hours prior to arrival time)** then Nothing by mouth including gum, mints, or smokeless tobacco.

**YOU MUST BRING A DRIVER** and do not plan to work after your procedure. You may brush your teeth the morning of the test, just don't swallow the toothpaste. Please remove or bring solution to remove contact lenses prior to your procedure.

**Please call the office at 918-207-0025 if: you take or believe you may be taking a blood thinner, if you have questions concerning your procedure ask for Tracy, RN or Sheri, LPN, or if you need to reschedule ask for Kristal**