

Colonoscopy Prep Instructions

Miralax

5 DAYS PRIOR TO YOUR PROCEDURE:

You will need to purchase a 238 gram bottle of Miralax powder and a 10 oz. bottle of magnesium citrate, available without prescription in the laxative section of your pharmacy. Also purchase 64 oz of Gatorade that is not red or purple. If you are taking blood thinning medications or diabetic medications, follow the [MEDICATION INSTRUCTIONS](#) unless specified by our office with special instructions. Please discontinue multi vitamins with iron or iron supplements.

3 DAYS PRIOR TO YOUR PROCEDURE:

Begin the [COLONOSCOPY PREP DIET](#). Continue to follow this diet until 1:00pm on day prior to your procedure.

ONE DAY PRIOR TO YOUR PROCEDURE:

Mix all the Miralax powder into the bottle of Gatorade. Shake and mix until powder dissolves, then refrigerate.

At **1:00 pm** Start a clear liquid diet. You may have water, ice, soda, Gatorade, ginger ale, broth (chicken, beef, vegetable), popsicles, Jell O, apple juice, white grape juice, tea and black coffee (no milk or cream). **No alcoholic beverages. Avoid anything red or purple.**

At **2:00 pm**, drink the entire bottle of magnesium citrate followed by 2-3 glasses of water. This acts as a stool softener and laxative to begin the process.

At **5:00 pm**, drink the first 40 oz. of the solution (one 8 ounce glass every 15-20 minutes until you have finished the first liter). Drink additional clear liquids to optimize the prep.

THE DAY OF YOUR PROCEDURE:

Continue clear liquid diet, excluding Jell-O and broth.

At **5 hours prior to check in**, drink the remaining 24 oz. of the solution (one 8 ounce glass every 15-20 minutes until you have finished the second liter). You may continue drinking clear liquids along with your prep, however these must be sugar free or contain artificial sweetener. Once you have completed your bowel prep you may resume liquids containing sugar. ****If you are coming from out of town please add in your drive time and take earlier than 5 hours prior to check in.****

Take your usual medications including pain relievers and anti-anxiety medications. If you are taking blood thinning medications or diabetic medications, follow the [MEDICATION INSTRUCTIONS](#) unless specified by our office with special instructions. You may continue aspirin products.

At **2 hours prior to check in**: Nothing by mouth, including water.

At **check in time**, see our website for directions to our facility.

You are having a medical procedure with sedation which requires you to have someone present in our lobby the entire time. Arrange for someone to come to pick you up and drive you home as you will be medicated for this procedure. You may NOT take a taxi or a bus home. You will be with us for approximately 2 hours (if scheduled at OEC) or 3 hours (if scheduled at SPA.)If you come without a driver or responsible adult, we will reschedule your procedure. You cannot drive again until the next day. You may use a medical transport service, taxi or bus with a responsible adult to accompany you home. For safety reasons, we recommend that you have a responsible adult with you for a few hours after your procedure.

If you have any questions or concerns regarding these instructions, visit our website www.eugenegi.com, or call 541-868-9500, option 2. Urgent concerns outside of office hours should be directed to the on-call physician at 541-868-9500.

See next page for Colonoscopy Prep Diet Instructions



Colonoscopy Prep Diet - 3 Days Prior to Procedure

Unfortunately we are unable to list all food items. If it is not listed please use your best judgement.

Food group	Foods allowed...	Foods to avoid...
Milk and dairy	<ul style="list-style-type: none"> Milk and milk products. Includes: <ul style="list-style-type: none"> Cow's milk Ice cream Yogurt Cheese Cream 	<ul style="list-style-type: none"> Fruited yogurt Any ice cream or cheese with nuts or seeds Any milk products if you are lactose intolerant
Beverages	<ul style="list-style-type: none"> Coffee and tea Carbonated beverages Apple juice Strained juice Water (Tap, Bottled, Coconut) Non-dairy milk (coconut and almond milk) Fruit drinks without pulp, such as fruit punch Kool-Aid or Hi-C (without red or purple dye) Nutritional supplements without added fiber, such as Boost or Ensure 	<ul style="list-style-type: none"> Any beverage containing pulp or seeds, such as orange or grapefruit juice Prune juice Nutritional supplements that contain fiber Tomato or V8 juice
Breads, cereals, and starches	<ul style="list-style-type: none"> Refined breads, rolls, bagels, English muffins, pita bread, biscuits, muffins, crackers, pancakes, waffles, or pastry Potato and sweet potato without skin White rice Refined pasta Tortillas (corn or flour) Refined cooked and cold cereals such as hominy grits, farina, cream of wheat or rice, Cheerios, Corn/Rice Chex, Cornflakes, Rice Krispies, Special K 	<ul style="list-style-type: none"> High fiber bread Dave's Killer Bread Whole grain breads, cereals, and pasta Oatmeal Granola Any bread, cereal, cracker, or pasta made with seeds, nuts, coconut, or raw or dried fruit Corn bread Brown rice Wheat germ Bran Sprouted wheat Wild rice Barley Potato skins Graham crackers Quinoa
Fruits	<ul style="list-style-type: none"> Canned or cooked fruit without skins or seeds (peaches, pears, apricots, apples) Applesauce Banana 	<ul style="list-style-type: none"> Raw fruit (bananas are okay) Canned pineapple, oranges, grapefruit sections, mixed fruit Dried fruit All berries, melons Cranberry sauce Avocado Coconut
Vegetables	<ul style="list-style-type: none"> Tender, well-cooked fresh, canned, and frozen vegetables without seeds such as peeled carrots, green beans Strained vegetable juice Strained tomato sauce 	<ul style="list-style-type: none"> All raw vegetables, such as lettuce, onion, celery, cucumber, mushrooms, scallions, etc. Vegetables with seeds Beets Tough, fibrous cooked vegetables such as: artichokes, asparagus, broad beans, broccoli and cauliflower, Brussel sprouts, celery, corn, cucumber, eggplant, mushrooms, onion, peas (green peas), sauerkraut and cabbage, spinach, tomatoes, zucchini summer squash, winter squash
Meat and meat substitutes	<ul style="list-style-type: none"> Cooked, tender fish, poultry, beef, lamb, pork, ham, veal, organ meats Eggs Cheese Tofu Tuna fish Smooth peanut butter and other smooth nut butters 	<ul style="list-style-type: none"> Non-tender meats Gristle Hot dogs Salami, cold cuts Meat substitutes made with whole grains, nuts, or seeds Beans, peas, lentils Crunchy style peanut butter and other crunchy nut butters
Miscellaneous	<ul style="list-style-type: none"> Salt, sugar, ground or flaked herbs and spices Vinegar Chocolate Butter Mustard Soy sauce Jelly (but not jam or preserves) Honey Mayonnaise 	<ul style="list-style-type: none"> Ketchup Pepper Seed spices Seeds and nuts Popcorn Jams or preserves Pickles and olives Coconut