

# 5 days prior to your procedure

## Go to your pharmacy

### Purchase these over-the-counter supplies:

- (1) 10-ounce bottle of magnesium citrate (in a clear or sometimes green bottle)
- (1) 238 gram bottle of Miralax and (2) 32-ounce bottles of Gatorade (NOT RED OR PURPLE)
- (2) 5 mg Dulcolax tabs



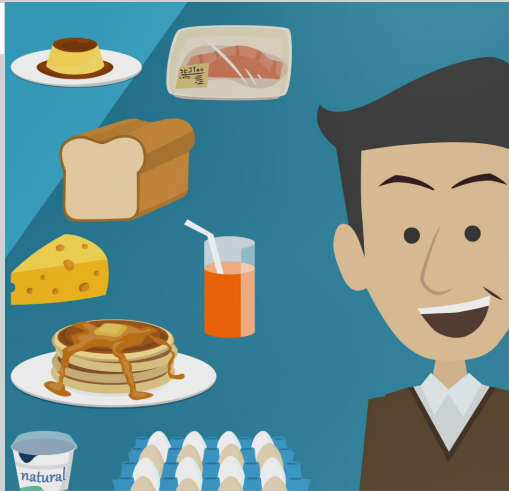
# 3 days prior to your procedure

## Begin a low fiber diet

### These foods are **NOT ALLOWED**:

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- White breads with no nuts or seeds
- White rice
- Well-cooked or canned fruit
- Vegetables without skin or seeds
- Fresh fruit like bananas, cantaloupe, honeydew, and watermelon
- Eggs, dairy products
- Fish / Poultry
- Unprocessed meats
- Pasta

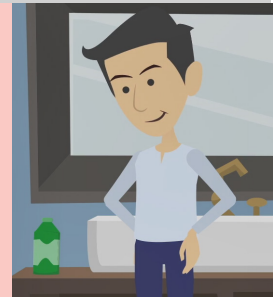


- Whole wheat or whole grain breads, cereals, and pasta
- Brown, wild rice, or other whole grains (oats, kasha, barley, quinoa)
- Dried fruits, coconut
- Raw fruit, including those with seeds, skins or membranes, such as berries
- Corn, popcorn
- Dried beans, peas, and lentils
- Seeds / nuts or any foods containing them
- Salads

# 2 days prior to your procedure

## Continue with low fiber diet

Two hours after your evening meal, drink 10 ounces of magnesium citrate followed by 8-10 ounces of water.



# 1 day prior to your procedure

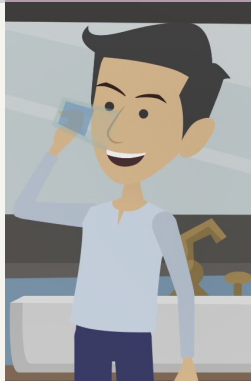
- **Before 10:00 am** you may eat a low fiber breakfast.
- **At 10:00 am**, begin a clear liquid diet.
- **No solid or soft foods.** Drink at least 64 ounces (about 2 liters) of clear liquids throughout the day.
- **Alcohol and red or purple colored liquids are not allowed!**
- **At 5:00 pm** take (2) 5 mg Dulcolax tabs
- **At 7:00 pm**, mix the entire container of Miralax with the (2) 32-ounce bottles of Gatorade. Drink half of the solution. *Refrigerate remaining prep.*

# procedure day

## 5 hours prior to your arrival:

Drink all remaining prep.

**Stop drinking all clear liquids 2 hours prior to your arrival time.**



# Colonoscopy Prep Instructions

Magnesium Citrate, Gatorade, and Miralax

**Read these instructions at least 5 days prior to procedure.**

You must have an adult drive you home. Taxis are not allowed unless you have an adult with you. If you need help with a ride, call 360-397-3430.

To cancel or reschedule your appointment please call **360-397-3805**.

**Procedure Date:** \_\_\_\_\_  
**Dr.** \_\_\_\_\_

Your procedure may be postponed if:

- Your bowels are not clean
- You don't have a driver over 18 years of age
- You eat or drink after the time you have been instructed to stop

If your bowel movements are not clear-yellow and you cannot see to the bottom of your toilet by the time you are ready to leave your house, please call us at (360) 397-3430 to discuss.

You will receive a nurse call 7 days prior to your procedure. Your procedure time may change even on the day of your procedure.

You will receive an automated call or text with your arrival time 3 business days prior to procedure. If you are not signed up for the automated option you will receive a call 2 business days prior to procedure with your check-in time.

**Vancouver Clinic's Ambulatory Surgery Center is at our 87th Avenue location**  
700 NE 87th Avenue, Suite 320, Vancouver, WA, 98664

**Bowel preparation is very important. Please read these instructions carefully.**

On the day of your procedure

- You may take your routine medications with a small sip of water.
- **Diabetes medications or anti-coagulants are an exception.**  
(Please refer to separate pamphlet)
- You may brush your teeth and shower prior to leaving home.
- Do not wear any jewelry or bring any valuables with you.
- During the procedure you will receive sedation (unless you request otherwise) through an IV.
- Your physician will discuss any findings of your procedure with you in recovery and you will receive a copy of your procedure note to take home with you.
- If biopsies are taken or polyps removed, you will receive a letter or MyChart message in 2-3 weeks.
- Your procedure may not be where your office appointment was.

