

Timothy W. Teslow, M.D., P.C.

Surgery

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BOWEL PREPARATION INSTRUCTIONS

DAY BEFORE THE PROCEDURE: _____

• **Items To Buy:**

- 4 (12oz.) bottles of Gatorade (not red/purple)
 - ◇ diabetics may use Crystal Light
- 1 (4.2 oz.) container of MiraLax
- 2 (10 oz) bottles of Magnesium Citrate (not red)

• **Breakfast**

- You may have 1 (8oz.) can of Ensure (not Ensure Plus) and items from the **“Clear Liquid Diet List”** for breakfast.

• **Mid-Morning/Lunch**

- Drink all the clear liquids you like from the **“Clear Liquid Diet List”** (no more Ensure)

• **Afternoon** - Begin at time of your choosing, we recommend 2pm

- **2:00pm** Mix 2 capfuls of MiraLax into 1st bottle of Gatorade; drink the bottle
- **2:30pm** Mix 2 capfuls of MiraLax into 2nd bottle of Gatorade; drink the bottle
- **3:00pm** Drink 1st bottle of Magnesium Citrate
- **3:30pm** Mix 2 capfuls of MiraLax in the 3rd bottle of Gatorade; drink the bottle
- **4:00pm** Mix final capful of MiraLax in the 4th bottle of Gatorade; drink the bottle
 - ◇ If stool is watery & clear; stop prep and continue drinking clear liquids
 - ◇ If stool is NOT clear, drink 2nd bottle of Magnesium Citrate until it becomes watery & clear

Clear Liquid Diet List

Beverages: Soft Drinks (orange, ginger ale, sprite, 7up, etc.), Gatorade, Kool-Aid, Strained fruit juices w/out pulp (apple, white grape, orange, lemonade, etc.), water, tea, coffee (no milk or non-dairy creamer)

Soups: Fat-free, low sodium chicken or beef bouillon/broth

Desserts: hard candies, Jell-O (lemon, lime, orange), popsicles, Italian Ice (no sherbets or fruit bars)

• **DAY OF PROCEDURE – NOTHING TO EAT OR DRINK 8 HOURS PRIOR TO PROCEDURE, INCLUDING WATER**

DOCTOR’S INSTRUCTIONS

- It is very important that you follow the provided directions to achieve a proper colon prep
- The day of your procedure do not eat/drink anything prior to your appointment
- **You must stop taking aspirin or other blood thinning products 1 week before your procedure
- **If you are on blood pressure medication, take your medication in the morning with a small sip of water, other medications should wait until after the colonoscopy
- If you are feeling ill a day or two prior to your procedure, call us, we may need to reschedule your appointment to a time when you are healthy.
- You may bleed a little from your rectum after a biopsy or removal of polyps. This is normal. Complications are rare, however, they can occur. Please contact our office or go to the ER if you notice: severe abdominal pain, fevers, chills, or rectal bleeding greater than one-half cup.

Appointment Date : _____

Location: Surgery Center of Fairbanks

FMH Outpatient Center

Phone: (907) 458-7263

(907) 458-5600