

Colonoscopy – Miralax/Gatroade prep Instructions

APPOINTMENT CONFIRMATION:

Patient Name:

Date/Time of Procedure:

Arrive at:

PLEASE REVIEW THESE INSTRUCTIONS THE DAY YOU RECEIVE THEM. IF YOU HAVE ANY QUESTIONS PLEASE CALL US AT 301-288-1319

IF YOU ARE ON BLOOD THINNERS (COUMADIN, PLAVIX, XARELTO, ELIQUIS, PRADAXA, etc.), INSULIN OR OTHER DIABETIC MEDICATIONS, PLEASE LET US KNOW AND CHECK WITH YOUR PRIMARY OR REFERRING PHYSICIAN FOR INSTRUCTIONS.

- 7 days before procedure avoid eating corn, nuts, seeds, fiber and popcorn.
- Please bring a complete list of your medications with you on the day of your procedure.
- You must have a responsible adult to drive you home or accompany you on a bus or taxi to your home.
- You are not to drive for the remainder of the procedure day.
- Please take your blood pressure and heart medications as usual with a small sip of water the morning of your

procedure.

- Do not eat food, drink fluids other than the prep, chew gum or suck on hard candy the day of your procedure.
- Do not drink alcoholic beverages 24 hours prior to procedure.
- **YOUR PROCEDURE WILL BE CANCELLED** if you do not comply with the above guidelines.
- If your insurance company requires a referral, you must bring it with you. Also, please bring your current insurance card(s), co-pay (if applicable), and a current picture I.D. with you on the day of your procedure.

TWO DAYS BEFORE YOUR PROCEDURE:

Purchase:

- One bottle of Miralax (238 gm)
- 4 Dulcolax Laxative tablets and 64oz bottle of Gatorade (not red or purple)

DAY BEFORE YOUR PROCEDURE:

- Drink only clear liquids the entire day. No solid food should be taken. Clear liquids include:
- Water, clear soup or broth, apple juice, white grape juice, pulp free lemonade, sprite, ginger-ale, coffee or tea without milk or non-dairy creamers, plain Jell-O.
- Do not use added fruit or toppings.
- Do not use red, purple, or blue Jell-O.
- At 3pm, take 2 Dulcolax laxative tablets with 8oz of clear liquids.
- At 6pm, mix Miralax in the 64oz bottle of Gatorade. Make

sure powder is well dissolved.

- Drink an 8oz glass of the Gatorade solution every 10-15 minutes until it is finished.
- At 8pm, take 2 Dulcolax Laxative tablets with 8oz of clear liquid.
- Continue to drink as much clear liquid as possible until bedtime.
- No solid food should be taken during or after the prep.
- You may not have anything to eat or drink after midnight or on the day of your procedure.

DAY OF YOUR PROCEDURE:

- On the morning of your procedure you must not have anything by mouth.
- Do not eat hard candy or chew gum.
- Wear comfortable clothing that is easy to remove and leave jewelry at home.
- Bring a list of all of your medications with you.
- Please arrive to the endoscopy unit 1 hour before your procedure, unless otherwise indicated.
- You will be asked to put on a gown. A nurse will review your medical history with you (bring a list of your current medications and allergies). An intravenous line (IV) will be started for your sedation during the procedure.
- When your procedure is done, you will remain in the recovery room for up to 1 hour.
- Your doctor will discuss the results of your procedure with you and give you a written copy of the report.

It is not uncommon for individuals to experience bloating or

nausea when drinking the solution. If vomiting or other symptoms concern you, please call us at 301-288-1319.