



– MIRALAX –

Your procedure is scheduled with:

Your colonoscopy is scheduled at:

*Date of Exam: _____

*Arrival Time: _____

*Although every effort is made to accommodate your scheduled arrival time, each patient undergoing an endoscopic procedure requires individualized care and the schedule may need to be adjusted accordingly and at the last minute. Thank you for your patience.

5 days prior: _____	3 days prior: _____	2 days prior: _____	1 day prior: _____	Procedure Day! _____
<p>Purchase the following items: All medications can be purchased OVER THE COUNTER. (no prescription needed)</p> <p>List: 2 – <u>Dulcolax laxative tablets</u> 1 – 10 oz. bottle of <u>Magnesium Citrate (clear colored)</u> 1 – 8.3 oz. bottle (238 gram) <u>Miralax</u> 2 – 32 oz. bottles of <u>Gatorade</u> or other brand sports drink.</p> <p>No Red or Purple</p> <p>Have you arranged a ride home from your procedure? * No ride = No sedation *</p> <p>Read these preparation instructions thoroughly.</p> <p>Stop taking iron.</p> <p>Stop ALL vitamins, alternative medicines, naturopathic or Chinese remedies, herbs, and oily capsules.</p>	<p>Continue all prescription medications unless advised to stop or adjust.</p> <p>Unable to keep your appointment?</p> <p>To avoid a possible administrative fee, reschedule or cancel with 2 business days notice.</p>	<p>Stay well hydrated throughout the day by drinking at least 8 glasses of water.</p> <p>No solid food after dinner.</p> <p>at 9:00 pm: DRINK ENTIRE BOTTLE OF CLEAR COLORED MAGNESIUM CITRATE.</p>	<p>Refrain from nicotine use in all forms.</p> <p>Upon rising, begin clear liquid diet only. Drink at least 8 ounces of liquid every hour: (see list below)</p> <div style="border: 1px solid black; padding: 5px;"> <p>Gatorade, broth, water, black coffee, clear tea, clear fruit juices, Jell-O, popsicles, soda pop, Kool-Aid, Crystal Light, or any other clear liquid drink of your choice.</p> </div> <ul style="list-style-type: none"> • No milk or cream, protein drinks, or Ensure - type shakes • Avoid anything red • No alcohol • No fibrous or pulpy liquids <p>Dose 1: Between 1pm and 2pm Take 2 Dulcolax laxative tablets</p> <p>Mix entire bottle of Miralax with <u>both</u> bottles of Gatorade into a pitcher. Refrigerate.</p> <p>Between 3pm and 6pm Begin slowly drinking solution of Miralax/Gatorade every 15 minutes until 1/2 of pitcher is gone. Refrigerate the rest.</p> <p>Stay close to the restroom.</p> <p>Continue drinking clear liquids until bedtime.</p>	<p>You may drink approved clear liquids until you start the second dose of laxative.</p> <p>Dose 2: At _____ (7 hours before arrival time)</p> <p>Slowly drink 8 oz. every 15 minutes of remaining Miralax/Gatorade solution until it is all gone.</p> <p>Follow with 16 oz. of clear fluids.</p> <p>Continue drinking clear liquids until 4 hours prior to arrival.</p> <p>Nothing by mouth for 4 hours prior to arrival.</p> <p>Stop drinking at: _____</p> <p>Bring with you:</p> <ul style="list-style-type: none"> • Any completed paperwork • Your ride home • Insurance card • Reading glasses, if needed • Identification <p>Leave behind all jewelry, money, and valuables.</p> <p>Additional Instructions: _____</p>

No nuts, seeds, popcorn, corn, or granola. These can clog the scopes. Please begin a low-fiber diet. No raw fruits or vegetables, canned or cooked are ok. White bread only.

Please read your entire packet at least 7 days in advance and make sure you've picked up your prescription for bowel preparation in plenty of time! If you have questions about your procedure, preparation, or need to reschedule, please call your provider's office.

If your procedure is the last one of the day, your driver is asked to stay in the immediate area.

ABSOLUTELY NO UNACCOMPANIED PUBLIC TRANSPORTATION, RIDE SHARE SERVICE, TAXI, UBER, or LYFT RIDES HOME.

We advise you to rest at home the remainder of the day. Do not drive ANY vehicle or make any major decisions for 12 hours after procedure.