



Procedure Date: _____ Doctor: _____

Procedure Time: _____ Check-In Time: _____

COLONOSCOPY PREP INSTRUCTIONS (MIRALAX VERSION)

1 Week Prior	1 Day Prior	Day of Procedure
<ul style="list-style-type: none"> • Purchase 8-ounce or 10-ounce bottle of Miralax • Purchase 4 Dulcolax tablets • Purchase 64-ounces of Gatorade (no yellow, orange, red, or purple colors) • <u>*LAST CHANCE TO CANCEL YOUR PROCEDURE! PLEASE CALL THE OFFICE TO CANCEL/RESCHEDULE*</u> <p>***ONLY DISCONTINUE ANY ASPIRIN OR BLOOD THINNERS AFTER OBTAINING APPROVAL FROM OUR OFFICE***</p> <ul style="list-style-type: none"> • Discontinue aspirin products/platelet inhibitors 5 days prior to your procedure (i.e., Plavix, Coumadin/Warfarin, Aspirin, etc.) • Discontinue any arthritic medications 2 days prior to your procedure • Discontinue any anticoagulants 2 days prior to your procedure (i.e., Xarelto, Mobic, Pradaxa, etc.) <p>***IF YOU HAVEN'T GOTTEN APPROVAL FROM OUR OFFICE ABOUT STOPPING YOUR BLOOD THINNER/ASPIRIN, CALL US ASAP!***</p>	<p>**Begin clear liquid diet**</p> <ul style="list-style-type: none"> • NO SOLID FOODS • Nothing containing any red or purple food dye • Nothing containing any milk or milk products • No smoothies or pureed foods • No alcohol <p>Approved foods</p> <ul style="list-style-type: none"> • Clear fruit juices • Broth or bouillon • Soda, black coffee, or tea • Boost or Ensure (any flavor) • Kool-Aid or Gatorade (no yellow, orange, red or purple) • Plain Jell-O 	<p>*5.5 hours to procedure start time:</p> <ul style="list-style-type: none"> • Take your heart and blood pressure medications as prescribed with small sips of water as early as possible • Mix 4-ounces of Miralax powder in 32 ounces of Gatorade • Drink entire mixture in 1 hour • Bring your paperwork filled out along with your Government Issued Photo ID or Driver's License and your insurance cards • Please leave all valuables at home. We are not liable for any theft or damage to these items
<ul style="list-style-type: none"> • Continue to take your heart and blood pressure, or other required medications, as prescribed • You may continue your Prilosec, Zantac, Protonix, Nexium, or other GI medications • You will need a responsible adult to drive you home after the procedure <ul style="list-style-type: none"> ○ NO taxis/transportation services (unless accompanied by a responsible adult) ○ You will not be able to drive until the following day after your procedure <p>*PLEASE CALL THE OFFICE TO CANCEL/RESCHEDULE YOUR APPOINTMENT. CANCELLATIONS WITHIN 5 BUSINESS DAYS ARE SUBJECT TO A \$100 CANCELLATION FEE!***</p>	<p>**Between 4-6pm**</p> <ul style="list-style-type: none"> • At 4:00pm, take 4 Dulcolax tablets with water • Drink 2 8-ounce glasses of clear liquid • At 4:30pm, mix 4-ounces of Miralax powder in 32 ounces of Gatorade • Drink entire mixture in 1 hour 	<p>* THERE ARE ABSOLUTELY NO LIQUIDS, INCLUDING WATER, AFTER:</p> <p>_____</p> <p><u>*IF YOU EAT/DRINK AFTER THIS TIME, YOUR PROCEDURE WILL BE DELAYED OR CANCELLED*</u></p>