



ONLY TAKE IF SUTAB IS NOT AVAILABLE OR IF DIRECTED BY THE OFFICE

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