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COLONOSCOPY MIRALAX PREP

DAY BEFORE PROCEDURE

- Purchase at pharmacy:
 - 4 Dulcolax tablets
 - 1 Fleet enema
 - 238-gram bottle of Miralax
 - 64 oz bottle of Gatorade (any color EXCEPT red)
 - 32 oz bottle of Gatorade (any color EXCEPT red)
- NO SOLID FOODS ALL DAY**
- CLEAR LIQUID DIET ALL DAY- no solid foods, nothing red in color, and no milk products**
Examples: Black coffee, tea, apple juice, white grape juice, soft drinks, Gatorade, bouillon (beef, chicken, or vegetable), plain Jell-O, Popsicles, hard candy
- At 12:00 noon take 2 Dulcolax tablets
- At 2:00 p.m. mix Miralax in 64 oz of Gatorade (large pitcher may help with mixing). Drink 8 oz every 10-15 minutes until solution is completed. Drink Slowly.
- At 8:00 p.m. take last 2 Dulcolax tablets and drink 32 oz of water or Gatorade.

DAY OF PROCEDURE

- Do not eat or drink anything, not even water, except with your meds. You may brush your teeth.
*If this procedure is scheduled for 12:00 noon or later, BEFORE 8:00 a.m., you may have a clear liquid breakfast, then NOTHING TO EAT OR DRINK, not even water until after your procedure.
- Take one (1) plain fleet enema (green and white box). Be finished one to one and a half (1-1 ½) hours before you are due for your procedure.
- SPECIAL INSTRUCTIONS FOR ROUTINE MEDICATIONS:

Heart medications	Take with a sip of water only
Blood Pressure Mediations	Take with a sip of water only
Insulin	_____
Blood thinners	Stop 5 days before procedure
Aspirin or aspirin like products	Stop 5 days before procedure
Advil, Motrin, Ibuprofen	_____
Naprysn, Goodies, BC's	Stop 5 days before procedure
Iron Preparations	Stop 3 days before procedure
Vitamin E	Stop 5 days before procedure
Oral Diabetic Medications	Hold morning of procedure
Other	_____
- IF YOU ARE DIABETIC: Check your blood sugar prior to coming to the office for your procedure
- Report to: _____

Lavonia
St. Mary's Sacred Heart
367 Clear Creek Drive
Suite 2007
Lavonia, GA 30553

Hartwell
Hartwell Family Practice
229 Athens St.
Hartwell, GA 30643

Madison
Morgan Medical Center
1740 Lions Club
Suite 100
Madison, GA 30650

Commerce
Northridge Specialty Clinic
209 Mercer Place
Commerce, GA 30529