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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)
- 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.

### **NOTHING TO EAT OR DRINK AFTER MIDNIGHT!**

### DAY OF PROCEDURE: \_\_\_\_\_

- Do not eat or drink anything, not even water, except with your meds. You may brush your teeth.**
- 1 ½ hour prior to arrival or leaving your house: DO ONE FLEET ENEMA (purchase over the counter).**
- 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	Take ½ normal dose the day before procedure, hold insulin the day of procedure
Blood thinners (Plavix, Eliquis, Brilinta, Xarelto)	Hold the morning of procedure
Aspirin or aspirin like products	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
Coumadin	Talk to your medical provider

**If you are a diabetic**, please check your blood sugar prior to coming in for your procedure. If your blood sugar is low and you are having symptoms, drink 2-4 ounces of apple juice (this may delay your procedure).

### REPORT TO: \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_ **Day:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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