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COLONOSCOPY MIRALAX PREP

DAY BEFORE PROCEDURE: _____

- Purchase at pharmacy:
 - 4 Dulcolax laxative tablets
 - 1 Fleet enema
 - 8.3 oz of Miralax (238-gram bottle)
 - 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 Medications	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).

You will not be able to drive the day of your procedure. Please have a driver with you

Your time will be adjusted by the Endoscopy Center. You will receive a call 2 days prior to your appointment date with the exact arrival time.

REPORT TO: 3320 Old Jefferson Road Building 400 Athens, GA 30607

Arrival Time: _____ Day: _____ Date: _____