

PREPARATION FOR A COLONOSCOPY USING MIRALAX® & GATORADE or CRYSTAL LIGHT

Patient Name _____

Physician advises patients that are on ASA or Plavix to discontinue 5 days prior to the procedure. Any patient on Coumadin needs to be seen by the doctor performing the procedure prior to the procedure.

ONE WEEK PRIOR TO YOUR PROCEDURE:

- **DO NOT stop taking any medication without instructions from your doctor.**
- If you normally take antibiotics before procedure, be sure to tell us.
- If you take aspirin, ibuprofen, vitamins, herbal supplements, blood thinner (such as Coumadin, Plavix, Aggrenox), or any arthritis medication check with your doctor for instructions about taking these medications.
- At least 2 days before your procedure purchase 4 Dulcolax (bisacodyl) laxative tablets (over the counter), your Miralax (238 Gram) and 64 ounces (2 quarts) of Gatorade or Crystal Light in a flavor NOT RED or PURPLE in color.
- **IF YOU ARE DIABETIC - TAKE ONLY ½ AMOUNT OF DIABETIC MEDICATION PRESCRIBED THE DAY BEFORE YOUR PROCEDURE WHILE YOU ARE ON A CLEAR LIQUID DIET.**

THE DAY BEFORE YOUR PROCEDURE:

- In the morning, mix the bottle of Miralax with the 64 ounces (2 quart) of Gatorade or Crystal Light. Shake well to mix and place in the refrigerator to chill.
- You will be on a CLEAR LIQUID diet the entire day of the preparation.
- You may **NOT** consume:
 - Any Item red or purple in color
 - Dairy products or orange juice with pulp
 - Alcoholic beverage
- Some items that **are allowed** if you are not able to drink Gatorade or Crystal Light include:
 - Water, strained fruit juice, Power Aid, Kool-Aid, tea, coffee, sodas
 - Chicken or Beef broth or bullion
 - Gelatin (Jell-o) flavors that are NOT red or purple

At 12:00 PM, take all (4) Dulcolax tablets with at least 2 glasses of any clear liquid.

At 6:00 PM, start drinking the Gatorade or Crystal Light solution. Drink 1 glass (8 oz) every 10-15 minutes. Drink each glass quickly rather than drinking small amounts continuously. Be sure to drink all the solution.

→ You can have other approved clear liquids while drinking the mixture.

→ **YOU MAY CONTINUE CLEAR LIQUIDS ONLY UNTIL MIDNIGHT THE DAY BEFORE YOUR PROCEDURE**

THE DAY OF YOUR PROCEDURE:

- If you normally take heart, blood pressure, breathing or seizure medications in the morning, you may take those medications with a minimal amount of water.
- Do not take any other medications and do not have anything to eat or drink until after your procedure is performed.
- Please wear loose, comfortable clothing and stable shoes. We ask that you not wear any jewelry to the appointment.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE. YOU WILL BE SEDATED FOR THIS PROCEDURE AND MUST HAVE SOMEONE TO DRIVE YOU HOME.

Report to:

√ Hillcrest Endoscopy Suite, Medical Office Building 1, 50 Hillcrest Medical Blvd., Suite 101. When you walk in the building it is the first door on the right with the glass window.

Date: _____ Check-in Time: _____ Procedure Time: _____