

## MIRALAX & GATORADE COLONOSCOPY PREP INSTRUCTIONS

Patient Name: \_\_\_\_\_ Procedure Date: \_\_\_\_\_

Doctor: \_\_\_\_\_ Location: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

Hold the following medications: \_\_\_\_\_

**IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, WE ASK THAT YOU GIVE US 72 HOURS NOTICE. If you do not call and fail to show up for your scheduled procedure you will be charged a "No Show Fee" of \$100.00.**

**TRANSPORTATION HOME: Due to the effects of anesthesia, YOU ARE NOT ALLOWED TO DRIVE FOR THE REST OF THE DAY. For your safety we CANNOT allow you to take a taxi, uber, lyft or any other service. You MUST make arrangements to have someone accompany you to your procedure. THIS PERSON MUST COME UPSTAIRS TO SIGN YOU OUT. If you do not arrive with a driver or provide us with the name and phone number of the person driving you home, your procedure will be rescheduled, and you may be charged a cancellation fee. THERE WILL BE NO EXCEPTIONS!**

You may NOT go to work on the day of your procedure. You MUST stay home and rest for the remainder of the day.

**\*\*IMPORTANT: IF YOU ARE A SMOKER, WE STRONGLY ADVISE THAT YOU DO NOT SMOKE THE DAY OF YOUR PROCEDURE. SMOKING PRIOR TO YOUR PROCEDURE COULD CAUSE COMPLICATIONS WITH ANESTHESIA\*\***

### **PICK UP FROM THE PHARMACY:**

1. One (1) 238g bottle of Miralax. This is available over the counter without a prescription.
2. Two (2) Dulcolax Tablets (laxative, NOT the stool softener). This is available over the counter without a prescription.
3. Two (2) 28oz bottles of Gatorade or Powerade, any flavor – **NOT RED OR PURPLE.**

### AT LEAST ONE WEEK PRIOR TO YOUR PROCEDURE:

1. **If you take any blood thinners, such as Coumadin, Plavix or Aspirin daily, you must notify your doctor IMMEDIATELY!** These medications **MAY** need to be discontinued prior to your procedure.
2. If you take Insulin, you must discuss with your doctor whether you need to hold off taking or reduce your morning dose the day of the procedure.
3. **STOP** taking any vitamins containing iron and/or iron supplements **ONE WEEK** prior to your procedure.

### TWO DAYS BEFORE YOUR PROCEDURE:

You must stop eating the following foods: Salads, Nuts, Seeds, and Corn.

### THE DAY BEFORE YOUR PROCEDURE:

Do not apply any lotion to your chest, arms, or legs!

1. You may not have any solid foods for the ENTIRE day.

<b>You May Have:</b>	<b>You May <u>NOT</u> Have:</b>
Water, Seltzer, Apple Juice, Sprite, Ginger Ale, Plain Jello (not red or purple), Bouillon or Clear Broth, Gatorade (not red or purple), White Grape Juice, Italian Ice (not red or purple), Black Coffee or Tea (no milk or creamer)	Gum, Solid Foods, Alcohol, Lemonade, Milk or Milk Products

2. Mix ½ of the 238g bottle of MIRALAX into one 28oz. bottle of Gatorade or Powerade (Any flavor, (NOT RED OR PURPLE)) until dissolved and refrigerate. Mix the remaining ½ of the bottle of MIRALAX into the second bottle of Gatorade or Powerade until dissolved and refrigerate overnight.
3. **At 4PM**, take 2 (two) DULCOLAX tablets with water and continue clear liquids.
4. **At 6PM**, begin drinking the first GATORADE+MIRALAX or POWERADE+MIRALAX solution at a rate of 8oz. every 15-30 minutes (over 1-2 hours) until the bottle is finished.
5. **You are encouraged to continue to drink as much clear liquid as possible until bedtime.**

## **THE DAY OF THE PROCEDURE:**

1. At \_\_\_\_\_ (5 hours before your procedure) drink the second 28oz. bottle of GATORADE+MIRALAX or POWERADE+MIRALAX solution at a rate of 8oz. every 15-30 minutes until the second bottle is gone. **This must be completed by \_\_\_\_\_ (4 hours prior to your Colonoscopy).**

**IMPORTANT: YOU CANNOT HAVE ANYTHING ELSE TO EAT OR DRINK, NOT EVEN WATER, UNTIL AFTER YOUR PROCEDURE. IF YOU DO, YOUR PROCEDURE WILL BE DELAYED OR CANCELLED!**

2. **YOU SHOULD TAKE YOUR BLOOD PRESSURE AND/OR HEART MEDICATIONS EARLY IN THE MORNING WITH A SMALL SIP OF WATER.** If you must take other medications on the day of the procedure, please call our office.
3. **FEMALE PATIENTS:** Please be aware that on the day of your procedure, you may need to provide a urine sample.

**We strongly encourage all patients to leave all valuables (jewelry, cash, wallet, etc.) either at home or with the person accompanying you for your procedure.**

**\*\*\* REMEMBER \*\*\***

**DO NOT OMIT ANY PART OF THE PREPARATION. A POOR PREPARATION MAY CAUSE A POLYP OR CANCER TO GO UNDETECTED AND THE PROCEDURE MAY NEED TO BE REPEATED AFTER REPREPPING.**

**Stay hydrated!** A colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep, stay hydrated by drinking all required clear liquids during the prep, and replenish your system by drinking clear liquids after returning home from your colonoscopy.

Drink extra liquids before, during, and after your bowel prep (until 4 hours before your procedure), as well as after your colonoscopy.

**Stay positive!** We realize that the colonoscopy prep may not be the most glamorous process. But remember, when you get a colonoscopy, you are taking a proactive step toward prevention or early detection of colorectal cancer.