

PREPARE for Colonoscopy with MIRALAX

** Please be advised that there is a \$100 fee if you fail to attend your procedure. In the event you need to cancel, please call the office AT LEAST 72 hours prior to your appointment date. **

TO ENSURE A SMOOTH PROCEDURE DAY:

- ☐ Arrive THIRTY (30) minutes before your scheduled appointment time
- ☐ Bring your photo ID, insurance card, and form of payment if required by insurance
- ☐ Wear loose, comfortable clothing. Wear flat shoes to avoid tripping or falling.
- ☐ Avoid bringing valuable items [NSGA is not responsible for any lost items]
- ☐ Consult with your gastroenterologist about medications you take
- ☐ Females aged 12-54: prepare to provide urine sample in office for pregnancy test
- ☐ **Arrange for a responsible adult to drive you home after the procedure**

Who should I arrange to pick me up after my procedure ?	
YES	NO
<ul style="list-style-type: none"> - Family, friend, or someone you who can safely bring you home - Someone who is able to physically come into the office to sign you out - Someone who is reliable & trustworthy 	<ul style="list-style-type: none"> - Uber or Lyft, or taxi service - Someone who cannot physically come into the office - Someone who is unreliable - <i>Yourself – you can NOT drive!</i>

** There are no exceptions to this rule. Your procedure will be cancelled if you do not secure a driver **

**** **THINGS TO REMEMBER WHEN GETTING ANESTHESIA:**

YOU SHOULD :	YOU WILL NOT :
Take the day off & rest	<ul style="list-style-type: none"> - Drive or operate machinery - Work or make big decisions - Perform physical activities

PICK UP FROM THE PHARMACY:

- ONE (1) 238g bottle of Miralax
 - Available over the counter; no prescription needed
- TWO (2) Dulcolax Laxative tablets
 - NOT the stool softener
 - Available over the counter; no prescription needed
- Two (2) 28-36 ounce bottles of Gatorade
 - Powerade or Diet Snapple can be substitutes
 - NOT a red or purple color/flavor

SEVEN (7) DAYS BEFORE YOUR PROCEDURE:

- Expect a phone call from the office to discuss what to expect day of
- Review the medications you take:

CONTINUE :	STOP TAKING :
- What your physician told you is safe to take	- What your physician told you to temporarily STOP - Iron and fish supplements and vitamins - GLP-1s such as Ozempic, Weygovi, etc.
Notify your doctor <i>immediately</i> if you take BLOOD THINNERS or INSULIN . You may need to discontinue or decrease your dose prior to your procedure.	

- STOP eating the following foods:

DO NOT EAT ANY :
SALADS - NUTS - SEEDS - QUINOA - CORN - RICE
YOU MAY RESUME AFTER YOUR PROCEDURE IN 7 DAYS!

ONE (1) DAY BEFORE YOUR PROCEDURE:

- You MUST remain on a CLEAR LIQUID DIET the ENTIRE day
 - Starting from when you wake up & throughout the day until sleep
 - You may ONLY have the CLEAR LIQUIDS as outlined below:

YES	NO
<ul style="list-style-type: none"> - Water, Sprite, Seltzer, Ginger Ale - Bouillon or clear broth - White grape juice, apple juice - Gatorade [<i>not red or purple</i>] - Plain Jello [<i>not red or purple</i>] - Italian Ice [<i>not red or purple</i>] - Black coffee or tea [no milk or creamer] 	<ul style="list-style-type: none"> - Solid foods - Lemonade - Alcohol - Milk or milk products - Gum

- Pour HALF (½) of the 238g bottle of Miralax into ONE (1) of the 28oz bottles of Gatorade
 - Powerade or Diet Snapple can be used as a substitute
 - NOT a red or purple color/flavor
- Shake or mix until dissolved & place in refrigerator
- Pour the remaining half (½) of the 238g bottle of Miralax into the second 28oz bottles of Gatorade
- Shake or mix until dissolved & place in refrigerator
- At 4:00pm, take two (2) Dulcolax Laxative tablets with water
- At 6:00pm, begin drinking ONE (1) of the Miralax Mixture solution
 - Drink 8 ounces every 15 to 30 minutes over 1-2 hours until the bottle is finished

**** Drink as much clear liquid as possible before bed to avoid dehydration!**

THE DAY OF YOUR PROCEDURE:

- Five (5) hours before your procedure, drink the second Miralax Mixture solution
 - Drink 8 ounces every 15 to 30 minutes over 1-2 hours until the bottle is finished

- This **MUST** be completed four (4) hours before your procedure

**STARTING FOUR (4) HOURS BEFORE YOUR PROCEDURE
DO NOT EAT OR DRINK ANYTHING ELSE -
INCLUDING WATER**

- If you must take medication, take with a sip of water in the early morning
- Do NOT smoke – smoking can cause complications with anesthesia
- Do NOT apply lotion to chest, arms, or legs

****Your procedure WILL BE delayed or cancelled if you do not follow these instructions!**

A NOTE FROM YOUR NORTH SHORE PHYSICIAN:

Do not omit any part of the preparation! A poor preparation may cause a polyp or cancer to go undetected. If this happens, the procedure may need to be repeated, and you'll be required to prep again.

***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 up until 4 hours before your procedure, and replenish your system by drinking clear liquids after returning home from 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.*