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1<sup>st</sup> floor Patient Registration

## 1 Day MiraLax and Gatorade Prep (Split Prep)

We have you scheduled for a colonoscopy on \_\_\_\_\_. Arrive at \_\_\_\_\_ am/pm.

### YOUR PREP INSTRUCTIONS ARE AS FOLLOWS:

1. Please stop anti-inflammatory arthritis medications **5 DAYS PRIOR**. Aspirin is ok to continue if you have a history of heart disease or heart stent. It is safe for you to take Tylenol. You can take your blood pressure medications with a small amount of water the day of the procedure.
2. If you are taking Coumadin, Warfarin or Plavix, you will be given specific instructions by our office.
3. The **DAY BEFORE** the procedure you may have clear liquids only. This includes black coffee, tea, soda, such as Pepsi (diet Pepsi), 7-UP, apple juice, white grape juice, lemonade, Gatorade, fruit Popsicles, Jell-O, broth, bouillon, **BUT NOTHING RED OR PURPLE AND NO DAIRY PRODUCTS OF ANY KIND**. You may have up to 2 cans of standard Ensure before noon
4. At **\_3pm\_** the day before the procedure take **2 DULCOLAX LAXATIVE** tablets with 8 ounces of water. Dulcolax is available over the counter at any pharmacy.
5. Two hours after taking the Dulcolax, mix a 64-ounce bottle of Gatorade (**ANY COLOR BUT RED OR PURPLE**) with the entire bottle of polyethylene glycol/**MIRALAX (238 GRAMS)**.
6. Drink the first 32oz of prep at **\_5pm\_** the day before. Refrigerate the remaining prep. Continue to stay on clear liquids. You will drink the last 32oz prep at \_\_\_\_\_ the morning of the procedure.
7. You may have clear liquids up to **4 HOURS PRIOR** to your procedure.
8. The morning of the procedure avoid taking any medications unless otherwise directed. If you have not given your doctor a list of your medications, please bring one with you. **Also DO NOT chew gum, hard candy, smoke, dip or chew tobacco products until after your procedure.**
9. You will be sedated for this procedure. You will **NEED SOMEONE TO DRIVE YOU HOME. NO MODE OF PUBLIC TRANSPORTATION WILL BE ALLOWED INCLUDING TAXIS, BUSES OR WALKING ALONE**. Please **HAVE YOUR DRIVER WITH YOU AT CHECK-IN** to verify your ride. Sedation may cause temporary loss of memory. Be aware that you may not remember results given to you by your doctor following procedure.
10. Please note that like surgery, procedures take varying amounts of time depending on their complexity. While we try to remain on schedule, occasional prolonged procedures may delay subsequent ones. We will try to keep you advised of any delays.

### ITEMS THE PATIENT NEEDS TO BUY AT THE PHARMACY:

1. Two Dulcolax laxative tablets
2. One 64-ounce bottle of Gatorade (**ANY COLOR BUT RED OR PURPLE, AND DO NOT EAT ANYTHING RED OR PURPLE**) G2 Gatorade is available for patients with Diabetes.
3. MiraLax 238 grams



\***Cancellations** require a **24 hour notice** or a **\$100 NO SHOW FEE** will be applied to your account\*  
Thank you for your understanding.