

2 DAY MIRALAX PREP FOR COLONOSCOPY



Patient Name _____
 Physician Name _____ Phone: 910-763-1219
 Date of Colonoscopy ___/___/___ Please arrive at _____ Location _____

Do you have Advanced Directives? If yes, bring documents to procedure. _____ Yes _____ No
 Are you allergic to LATEX? _____ Yes _____ No
 Are you a diabetic? (If so, discuss medication dosing with your physician. _____ Yes _____ No
 Are you taking Iron? (If so, stop taking it for 7 days prior to procedure. _____ Yes _____ No

Are you taking blood thinners such as Coumadin, Warfarin, Effient, Plavix, Pradaxa, Xiralto, Lovenox and/or Ticlid? If so, you must discuss dosing with the prescribing physician.

Prep Materials: YOU DO NOT NEED A PRESCRIPTION	64-ounce bottle of Gatorade (NOT RED, PURPLE, or BLUE)
	One 238g bottle of Miralax Laxative Powder
	Dulcolax Laxative Tablets
	10 oz. bottle of Magnesium Citrate

INSTRUCTIONS - IT IS IMPORTANT THAT YOU FOLLOW THESE DIRECTIONS AS WRITTEN. SPLIT DOSING
IF YOU HAVE DIFFICULTY OR QUESTIONS, PLEASE CALL (910) 763-1219

THREE DAYS BEFORE THE PROCEDURE: Do **NOT** eat raw vegetables or raw fruit. Your diet may include baked potato, fish, pork, chicken, cream soups, pastas, eggs, and grits. You may have cooked vegetables and fruits.

TWO DAYS BEFORE THE PROCEDURE: You may have a full liquid diet that includes milkshakes, puddings, ice cream (vanilla only), carbonated drinks (**no red or purple**), Jell-O, fruit juice without pulp, or plain yogurt. **Drink one bottle of Magnesium Citrate at 6:00 p.m.** At your leisure, follow this with at least one to two quarts of water. **Once you begin drinking the prep solution, you may have only clear liquids by mouth.**

ONE DAY BEFORE THE PROCEDURE:

- Have a **CLEAR LIQUID DIET** (**Nothing RED, PURPLE, or BLUE)
- *Gatorade *Jell-O
- *Fruit Juice **WITHOUT** Pulp
- *Clear broth
- *Carbonated Beverages
- *Popsicles and hard candy
- *Coffee or Tea (Sugar is allowed, **NO CREAM or MILK**)
- *CONTINUE TO DRINK CLEAR LIQUIDS.**

3:00 PM	Take (1) one Dulcolax tablets with 8-ounces of water.
6:00 PM	Mix 238g Miralax powder with 64-ounces of Gatorade. Drink ONE 8-ounce glass EVERY 15 minutes until HALF of the prep solution is gone. (That is 32-ounces OR Four 8-ounce glasses). You should be done by 8 PM
9:00 PM	Take (1) one Dulcolax tablets with 8-ounces of water.
FIVE HOURS PRIOR TO LEAVING HOME:	Drink ONE 8-ounce glass of remaining prep solution EVERY 15 minutes until the SECOND HALF is gone.

THE MORNING OF THE TEST: Take your blood pressure, seizure or heart medications with just a sip of water. **Do not take diuretics (water pill, HCTZ, etc.)**

*******Notice*******

You must make arrangements for someone to come with you, WAIT for you, and drive you home. You will not be allowed to drive a car for the rest of the day. You will not be allowed to leave by any type of public transportation.

We recommend a responsible adult remain with you 24 hours after your procedure.

Please leave ALL valuables at home. Hanover Gastroenterology will NOT be held responsible for lost or stolen items.

If, for any reason, you cannot keep your appointment, please give 48 hours notice, otherwise you will be charged.

Endoscopy Center 1415 Medical Center Drive To cancel your procedure, please call 910-362-4391	If you have questions about your procedure or your prep, please contact your doctor's nurse at 910-763-1219
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