

Rochester Gastroenterology Associates, LLP

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INSTRUCTIONS FOR COLONOSCOPIC PREP WITH MIRALAX & DULCOLAX

Name _____

Procedure _____

Endoscopist _____

YOU HAVE BEEN SCHEDULED FOR THE ABOVE EXAMINATION. PLEASE REPORT TO:

**PARK RIDGE HOSPITAL
ENDOSCOPIC MEDICAL PROCEDURES CENTER (EMPC)**

REPORT AND REGISTRATION TIME:

PROCEDURE TIME:

DATE/DAY:

PLEASE REVIEW ALL INSTRUCTIONS UPON RECEIPT

You will need to obtain one (1) 238 g bottle of MiraLax (Glycolax), one (1) small package of Dulcolax laxative tablets (2 tablets only) and two (2) 32 oz bottles of clear Gatorade, (Examples of acceptable Gatorade flavors are Gatorade Ice) or any other clear liquids/soda or water.

MiraLax and Dulcolax are purchased over the counter.

Please turn over...

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In order to assure optimal and safe colonoscopic examination, the following guidelines are recommended:

1. **Do not take aspirin or aspirin containing products and/or Plavix for 5 days before the procedure. Acetaminophen, (Tylenol) can be used. Do not take any arthritis medications like ibuprofen (Advil, Aleve, Motrin, Naprosyn, Celebrex, Bextra) for 5 days before the procedure.**
2. Do not take extra dietary fiber, including Metamucil, Citrucel, Fibercon, or similar products for one 1 week before the procedure.
3. **Stop** all iron medications, or vitamins containing iron, Carafate and antacids 1 week before the procedure.
4. Do not eat nuts, raisins, fruits containing seeds, foods containing seeds (sesame, poppy, etc.) or uncooked vegetables 3 days before the procedure.
5. **You can take your regular medications on the morning of the examination, except insulin or anti-diabetic medications. Please check with us or follow our instructions about all anti-diabetic medicines.**
6. **If you are on any kind of blood-thinning medications, such as COUMADIN, please inform our office at 227-1080, IMMEDIATELY for directions.**

DAY BEFORE EXAMINATION

1. Begin a clear liquid diet 1 day before the procedure. No food is allowed after 8 am day before the procedure. Clear liquids include water, strained fruit juice without pulp (apple, white grape, lemonade), clear broth or bouillon, coffee and tea (without cream or non-dairy creamer), Gatorade (**NO** red, green, purple, or blue), carbonated and non-carbonated soft drinks, Kool-Aid (**NO** red, green, purple, or blue), plain Jell-O (**NO** red, green, purple, or blue), and popsicles (**NO** red, green, purple, or blue). **DRINK AS MUCH LIQUID AS YOU CAN TOLERATE.**
2. At 1:00 pm take 2 Dulcolax tablets with water and continue on clear liquids. Mix 1/2 of the MiraLax in one 32 oz bottle of Gatorade (**NO** red, green, purple, or blue), and mix the other 1/2 of MiraLax into the other bottle of Gatorade until dissolved and chill if desired. You can substitute Gatorade to any clear liquids of your choice.
3. At 3:00 pm begin drinking MiraLax/Gatorade solution at a rate of 8 oz every 20 minutes over a 2 to 4 hour period until both bottles are gone.
4. Continue drinking clear liquids as much as possible and tolerated until 2 hours before procedure.

Please turn over...

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Note:

- If you have severe discomfort or bloating, stop drinking solution for a while or wait longer between drinking each glass until the discomfort goes away.
- Do not take any other medicines within 1 hour of starting to drink the solution.
- Nausea, cramping and abdominal fullness are the most common adverse reactions.

DAY OF EXAMINATION

1. Take nothing by mouth starting 2 hours prior to your procedure.
2. You should plan on 2 - 3 hours, including recovery time, for this test.
3. Transportation arrangements must be made for someone to pick you up at the EMPC and accompany you home. **NO EXCEPTIONS CAN BE MADE!**
4. You must arrange for a neighbor, friend, or family member to stay with you after your arrival home, since sedation effects can last well into the evening.
5. **For some procedures, prior blood tests may be necessary. These tests need to be done between 1 – 3 weeks before the procedure. Special instructions will be given for people on blood-thinning medications. If you are required to have these blood tests, the requisition for the laboratory will be enclosed.**

If you are unable to keep your scheduled appointment, cancellation is appreciated 48 hours in advance by calling 227-1080 between 9 a.m. and 4:30 p.m. If you fail to notify us you may be charged. Also, please call this number if you have any further questions.