

COLONOSCOPY – MIRALAX / GATORADE or SNAPPLE PREPARATION

PURCHASE AT THE PHARMACY: (4) Dulcolax tablets and a 238 gram bottle (14 dose) of Miralax (NO prescription required) and 64 oz. of Gatorade (not red) or Snapple (diet if diabetic or restricting calories).

ONE WEEK PRIOR TO THE PROCEDURE: Do not take iron pills or medications that can cause bleeding. These include Aspirin, Coumadin, Percodan, & Alka Seltzer, Bufferin, Ascriptin, Ibuprofen, Motrin, Advil, Medipren, Nuprin, Naproxen (Naprosyn), Sulindac, Clinoril, Piroxicam, Feldene, Aleve, Indomethacin (Indocin), Diclofenac, Votaren, etc. Note that Tylenol and other medications which contain acetaminophen are safe to use prior to this procedure. **Before stopping Coumadin or other blood thinners, please discuss this issue with your doctor**

FIVE DAYS PRIOR TO THE PROCEDURE: Restricted residue diet. **DO NOT EAT** nuts, seeds, popcorn or corn. Discontinue all fiber supplements such as Metamucil, Citrucel, Fiberall, etc. **Call the office if you have any questions about the medications you take on a regular basis or if you take insulin or “blood thinners.”**

ONE DAY BEFORE THE PROCEDURE:

1. Clear liquids only for ALL meals including breakfast (see permitted items below***)
2. At 3:00 p.m., take 4 Dulcolax tablets by mouth.
3. At 5:00 p.m., mix the 238 gram bottle of Miralax in 64 oz. of Gatorade or Snapple. Shake the solution until the Miralax is dissolved. Drink an 8 oz. glass every 10-15 minutes until the solution is finished.
4. Continue drinking clear fluids until bedtime.

ON THE DAY OF THE PROCEDURE:

1. Do not eat or drink anything on the day of your procedure.
2. **If you take daily morning medication(s), you should take it (them) on the morning of your procedure with a small amount of water.**

NO DRIVING IS PERMITTED AFTER YOUR PROCEDURE: You may not drive a car or take a taxi or bus home alone. You must be accompanied by an adult. If you arrive without an escort, your procedure will not be performed.

***** CLEAR LIQUID DIET - ONLY THESE ITEMS ARE ALLOWED:**

SOUPS: Clear bouillon, broth or consommé.

BEVERAGES: Tea and coffee, Kool-Aid, carbonated beverages.

DO NOT put any milk or cream in your tea or coffee.

JUICES: Cranberry, apple, grape juice, strained lemonade, limeade, orange drink.

ANY JUICE YOU CAN SEE THROUGH AND HAS NO PULP IS ACCEPTABLE

DESSERT: Water ices, Italian ices, popsicles, jello (no red products)

INSULIN DEPENDENT DIABETICS and PATIENTS ON COUMADIN SHOULD CONTACT THIS OFFICE ONE WEEK PRIOR TO YOUR PROCEDURE FOR INSTRUCTIONS. If you take antibiotics prior to dental work, consult your physician.