

# Colonoscopy Instructions

*Miralax Prep*  
*Scheduled before 10 AM*

Your procedure is scheduled for \_\_\_\_\_

ARRIVE at \_\_\_\_\_  
date  
Facility admitting office at \_\_\_\_\_  
Time

## The Day BEFORE the procedure:

- NO Solid Food to eat
- CLEAR liquids only, nothing RED or PURPLE: You may have Coffee or tea (NO cream or milk), chicken or beef broth, any type of soda, Gatorade, Apple Juice, white Grape Juice, plain Jell-O or clear popsicles.

### AT:

12:00 Noon – Take 4 Dulcolax tablets, you do not need a prescription to buy these.

3PM- Mix Miralax, you should have a 30 dose bottle (510 g), mix 15 doses (15 cap-fulls) of Miralax in 64 ounces of Gatorade place in refrigerator.

4 PM- Begin drinking Miralax, 8 ounces every 15 minutes until all is gone.

9 PM- Mix the last 15 doses of Miralax in another 64 ounces of Gatorade and drink 8 ounces every 15 min. until all gone. Your Bowel movements should be liquid and fairly clear by the time you finish.

You must finish all the prep BEFORE bedtime

DO NOT DRINK ANY OTHER LIQUIDS AFTER MIDNIGHT

## The Day OF the Procedure:

DO NOT DRINK ANYTHING EXCEPT if you normally take heart or blood pressure medicines in the mornings, take them with the smallest sip of water possible

- DO NOT take any IRON, ASPRIN PRODUCTS, IBUPROFEN OR ARTHRITIS MEDICINES for 1 WEEK BEFORE your procedure
- IF you are currently taking any BLOOD THINNERS, even ASPRIN please tell Dr. Sarvaria
- For DIABETIC patients take only ½ your usual diabetic meds the morning BEFORE your procedure and NONE in the evening before or morning of your procedure.

\*\*\*\*\* YOU MUST HAVE SOMEONE TO DRIVE YOU HOME AFTER YOUR PROCEDURE, YOU WILL BE UNABLE TO DRIVE BECAUSE OF SEDATION