

COLONOSCOPY PREPARATION (MIRALAX PREP)

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Purchase without prescription: One 238g bottle of Miralax, four Dulcolax laxative tablets, and 64 oz. of Gatorade, Propel Water or Smart Water.

THE DAY BEFORE YOUR EXAM:

START A CLEAR LIQUID DIET

IT IS IMPORTANT THAT YOU KEEP WELL HYDRATED AND CONTINUE TO DRINK CLEAR LIQUIDS THROUGHOUT THE PREPARATION

"Clear liquids" are soft drinks (orange, ginger ale, sprite, 7-up), Gatorade, Kool Aid, strained fruit juice such as apple juice or white grape juice, clear juices with no pulp, water or tea (no cream), beef or chicken bouillon or broth (fat free, low sodium), small amounts of plain lemon, lime, or orange jello (no fruit, etc.). Popsicles (no sherbets or fruit bars), hard candies
DO NOT EAT OR DRINK ANYTHING RED OR PURPLE.

1. At 3 p.m. take four Dulcolax tablets with an 8oz. glass of water.
2. At 6 p.m. mix the one 238g bottle of Miralax with the 64oz. of Gatorade, Propel or Smart Water. Drink an 8oz. glass every 15-20 minutes until gone.

Suggestion; baby wipes may be used for cleansing

THE DAY OF YOUR EXAM

- You may continue to have clear liquids up to 4 hours prior to your procedure, but **NO JELLO THE DAY OF YOUR EXAM**
- **YOU MUST MAKE ARRANGMENTS FOR SOMEONE TO COME WITH YOU, WAIT FOR YOU, AND DRIVE YOU HOME** (you have been given sedation). Your procedure will be cancelled if this requirement is not met.
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.
- **Please arrive 45 minutes prior to your appointment time.** Report to the Registration Desk in the lobby of the **North Entrance** of Beaumont Hospital-Royal Oak. They will direct you to the Endoscopy Unit.
- Following your colonoscopy, you will spend approximately 30 minutes in the recovery room before being discharged. Generally, the only restriction is no driving for the rest of the day,; however you will be given detailed instructions before leaving the hospital.

IMPORTANT!

- You may continue to take all prescription medications during the preparation for this exam; however, all **ASPIRIN, IBUPROFIN, PLAVIX, COUMADIN, PERSANTINE, OR ANY TYPE OF BLOOD THINNERS MUST BE DISCONTINUED 3 DAYS PRIOR TO THE EXAM.** (Our office will advise you if you need to consult with your physician regarding changes in medication dosage and/ or medical clearance before your procedure.)
- Natural/Herbal Supplements should be discontinued for two weeks prior to the exam (such as St. Johns Wort, Ginkgo Biloba, Kava Kava, Garlic, Ginger).
- Insulin-dependent diabetics should contact their personal physician for dosage instructions prior to the procedure.

Your Colonoscopy is scheduled for _____ with Dr. _____

Please arrive at the hospital (North Entrance) at _____

If for any reason you need to reschedule your procedure, please notify our office as soon as possible.

DX. _____ **Procedure** _____