



# PREMIER GASTROENTEROLOGY

## CONSULTANTS

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### COLONOSCOPY INSTRUCTIONS

Place: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

- **Purchase the following at your pharmacy over the counter 2-3 days prior to the procedure date.** No written prescription needed
  1. 238 gm bottle of **Miralax powder**
  2. Five tablets of **Dulcolax (bisacodyl)**
  3. 64 oz of **Gatorade or Gatorade-2 (or two 32 Oz bottles of Gatorade)** to mix with the Miralax
- Please make arrangements for someone to drive you home after the procedure, as you will receive conscious sedation.
- For any reasons, if you cannot keep this appointment, please call our office at least 24 hours in advance.
- If you should have any questions regarding the procedure or its preparation please call our office between 9am to 4 pm.

### Please adhere to the following instructions:

#### Day before the procedure:

1. **DIET:** Clear liquid diet for breakfast, lunch and dinner. *Clear liquids include* water, clear chicken broth, soups (except tomato), Jell-O (except red), clear juices, coffee and tea without milk, Gatorade, lemonade and popsicles. **NO SOLIDS, MEATS OR VEGETABLES.**
2. Take **3** tablets of **Dulcolax** (5 mg each) at **2 pm** with 2 glass of water.
3. At **5:00pm** mix the entire 238-gram bottle of **Miralax** in 64 oz (Two 32 Oz) . Gatorade. Shake the solution until the Miralax has dissolved. Drink one glass (8 oz.) of the prepared Miralax solution every 10-15 minutes until the entire solution is gone.
4. Continue to drink clear liquids though out the day.
5. Do not drink or eat anything except medications after midnight.

#### Day of the procedure:

1. Take **2** tablets of **Dulcolax** with a few sips of water when you wake up in Morning
2. Take all your diabetes, blood pressure medications with small sips of water as routine.



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3. Please discussed with your physician if you are taking any blood thinners such as; Coumadin, Xarelto, and Pradaxa.