



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.