



MiraLAX (Polyethylene Glycol) / Gatorade Colonoscopy preparation 2-Day Prep

Patient: _____ **DOB:** _____

Procedure Date: _____ **Physician:** _____

Location: _____ **Arrival Time:** _____

General Instructions:

Due to the sedation you will receive, you must have a responsible adult 18 or older accompany you to your procedure.
*In the event of a medical need, you may require hospital admission. *

YOUR DRIVER IS REQUIRED TO STAY AT THE FACILITY FOR THE ENTIRE TIME OF THE PROCEDURE.

Public transportation is allowed, but only under the supervision of a responsible adult who must stay with you the entire time of the procedure. Bus, taxis, or shuttle drivers do not fulfill the requirement of a responsible adult. You may **NOT** be dropped off for your procedure.

1. If you are currently taking Aspirin, you should **NOT STOP** unless directed to by your office.
-Other medication instructions:

2. Oral Iron should be discontinued 5 days prior to the examination.
3. Please **CEASE** all medicinal and recreational smoked or vaporized cannabis (weed) 12 hours prior to surgery. Ingested cannabis or CBD oil must be stopped 8 hours prior to surgery.
4. All medications should be continued and taken the morning of the exam (with your bowel prep or immediately after completing your bowel prep with only a sip of water) unless otherwise stated in these instructions.
5. If you are on insulin, you need to talk to the provider that monitors your glucose levels for instruction on regulating the medication prior to your procedure. If you are on oral diabetic medications, take your medicine in the morning on **PREP DAY**, but **NOT** in the evening on prep day or on **EXAM DAY**.
6. Check with your endocrinologist or primary care physician regarding the management of your other diabetic medications, especially insulin. If you have an insulin pump, you should contact the provider that manages your pump to address any changes that will be required for the prep and procedure.

PURCHASE:

- 64oz & a 32oz bottle of Gatorade, Propel, Crystal Light, or any clear liquid (**any color BUT red or purple**)
- MiraLAX (Polyethylene Glycol) 238g & a 119g bottle purchase over the counter, no prescription needed.
- Six (6) 5mg Dulcolax (Bisacodyl) laxative tablets.
- Simethicone (Gas-X) two 125mg tablets.

IT IS IMPORTANT TO DRINK PLENTY OF LIQUIDS ALL DAY TO PREVENT DEHYDRATION

2 Days before your Colonoscopy: Clear liquid diet the entire day. **NO solid foods.** You may have tea, coffee, Jell-O, juices **without pulp**, bouillon, Italian ice, slushies, and soda. **NO, red or purple colored Jell-O and NO red- or purple-colored liquids. NO cream or milk products.**

Mix: MiraLAX (Polyethylene Glycol) 119g with 32oz clear liquid

At 2:00pm take 2 Dulcolax (Bisacodyl) laxative tablets.

Between 4:00pm-6:00pm, drink 1-8oz glass of MiraLAX (Polyethylene Glycol) mixture every half hour until it's finished. Continue clear liquids for the rest of the evening.

1 Day before your Colonoscopy: You must be on a clear liquid diet the entire day. **No solid foods.** You may have tea, coffee, Jell-O, juices **without pulp**, bouillon, Italian ice, slushies, and soda. **NO, red or purple colored Jell-O and NO red- or purple-colored liquids. NO cream or milk products. No fruit pieces in the Jell-O.** **Do not** eat seeds, nuts, oatmeal or other whole grains, beans, peas, corn, and the peels of fruits and vegetables as these remain in the colon after completion of prep.

- Anytime on the day of your prep, mix the entire bottle of MiraLAX (Polyethylene Glycol) 238g in the 64oz of clear liquid (**any color but red or purple**). Shake well until powder is completely dissolved and refrigerate.
- At 2:00 pm, take the 4 Dulcolax (Bisacodyl) laxative tablets with water
- Around 4:00pm begin drinking the MiraLAX (Polyethylene Glycol)/ Gatorade mixture. Drink 1 8oz glass every half hour over 4 hours.
- Take 2 Simethicone (Gas-X) tablets after completing the MiraLAX (Polyethylene Glycol) drink.

Continue to drink clear liquids until midnight then nothing to drink 4 hours prior to report time.

The day of your Colonoscopy:

You may not have any hard candy or chewing gum the morning of your colonoscopy as this will delay your procedure. All medications should be taken (unless otherwise stated on these instructions) with sips of water at least 2 hours prior to exam.

OUTPATIENT DISCHARGE INSTRUCTIONS:

1. You are advised to rest and relax for the remainder of the day.
2. **UNTIL THE MORNING AFTER YOUR PROCEDURE:**
 - DO NOT** Drive or operate any machinery.
 - DO NOT** Consume any alcoholic beverages or use illicit drugs
 - DO NOT** Sign any legal documents or make critical decisions.
 - DO NOT** Take any **un-prescribed** medications, you may resume your normal diet.
3. A feeling of fullness or cramping from remaining air or carbon dioxide in your bowel is normal. Mild activity, such as walking will help expel the air. Lying on your left side or directly on your stomach will also help expel the remaining air or carbon dioxide.

IF YOU HAVE ANY ROUTINE QUESTIONS, PLEASE CONTACT THE OFFICE AT (610)-374-4401 BETWEEN 8:00AM-4:00PM (WEEKDAYS). PLEASE CONTACT US IF PROBLEMS ARISE BEFORE YOUR PROCEDURE OR IF YOU NEED TO CHANGE OR CANCEL YOUR PROCEDURE.

If you have any urgent questions or concerns after business hours, you may reach our on-call physician at (610)-374-4401.

PLEASE GIVE ATLEAST 72 HOURS NOTICE WHEN CANCELING. LESS THAN 72 HOURS NOTICE MAY DELAY CARE AND INCREASE MEDICAL COST. IF YOU CHOOSE TO CANCEL YOUR PROCEDURE IN LESS THAN 72 HOURS PRIOR TO YOUR EXAM, YOU WILL BE CONSIDERED A "NO SHOW" AND YOU WILL BE CHARGED A \$100.00 FEE.

ANY PATIENT THAT CANCELS GREATER THAN TWO (2) PROCEDURE APPOINTMENTS WILL NEED TO HAVE A CLINIC APPOINTMENT BEFORE BEING PLACED BACK ON THE ENDOSCOPY SCHEDULE. SPECIFIC CIRCUMSTANCES MAYBE ADDRESSED AT THE DISCRETION OF THE DOCTOR.