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THIS PROCEDURE WILL BE CANCELLED  
IF THE PERSON THAT ACCOMPANIES YOU  
LEAVES THE PREMISES

### **COLONOSCOPY PREPARATION (MIRALAX / GATORADE)**

The following measures must be meticulously adhered to in order that the bowel is sufficiently cleaned to permit an adequate examination.

**IF YOU ARE ON BLOOD THINNERS SUCH AS XERALTO, COUMADIN, PLAVIX, HEPARIN, PRADAXA, ELQUIS, OR IF YOU ARE UNSURE-PLEASE NOTIFY THE SCHEDULER OR PHYSICIAN. IT MAY BE NECESSARY TO STOP THESE MEDICATIONS PRIOR TO THE PROCEDURE.**

Tylenol and Baby Aspirin are acceptable for use until the day of procedure.

#### **PURCHASE AT THE PHARMACY**

- Four (4) 5mg Dulcolax (laxative) tablets
- 238 Gram bottle of MiraLax
- Two 32 oz. bottles of Gatorade (not red or purple)

Please Note: Individual responses to laxatives vary. This preparation may cause multiple bowel movements usually taking effect 30 minutes up to three hours after ingestion. Please remain within easy reach of restroom facilities.

#### **FIVE DAYS PRIOR TO PROCEDURE**

AVOID taking IRON one week prior to procedure.

Restricted residue diet – DO NOT EAT nuts, seeds, popcorn and corn. Discontinue fiber supplements including Metamucil, Citrucel, Benefiber, etc.

#### **DAY BEFORE PROCEDURE**

Drink only “clear liquids” for breakfast, lunch and dinner. Solid foods and milk products are not permitted. DO NOT DRINK OR EAT ANYTHING COLORED RED OR PURPLE. “Clear liquids” acceptable for consumption are listed below:

- Soft Drinks (orange, ginger ale, cola, sprite and 7-up)
- Gatorade and Kool-Aid
- Strained fruit juices WITHOUT PULP (apple, white grape, orange, lemonade)
- Water, tea and coffee (no milk products can be added including non-dairy creamer)
- Clear broth or bouillon
- Hard candies
- Jell-O and Popsicles (again, avoid red and purple flavors)

(continued on back)

In addition to the “clear liquid” diet, the laxative procedure must be done the day before the exam. The following list is a step-by-step process which ensures proper use of the MiraLax and Dulcolax laxatives.

### **MORNING APPOINTMENT PROCEDURE**

1. At 3:00 P.M. take four (4) Dulcolax tablets
2. At 5:00 P.M. mix the 238 Gram bottle of MiraLax in 64oz. of Gatorade. Shake until MiraLax is completely dissolved.
3. Drink an 8oz. glass every 10-15 minutes until **ALL** the solution is gone. (if you begin to feel nauseated or bloated you may spread out each 8oz. glass to every 30-45minutes)
4. Continue drinking clear fluids until bedtime.

### **AFTERNOON APPOINTMENT PROCEDURE (if your test is after noon)**

1. At 3:00 P.M. take four (4) Dulcolax tablets
2. At 5:00 P.M. mix the 238 Gram bottle of MiraLax in 64oz. of Gatorade. Shake until MiraLax is completely dissolved.
3. Drink an 8oz. glass every 10-15 minutes until **HALF** the solution is gone. (if you begin to feel nauseated or bloated you may spread out each 8oz. glass to every 30-45minutes)
4. Drink remaining solution 5 hours prior to your procedure (day of procedure).

### **DAY OF PROCEDURE**

1. Nothing to eat or drink after midnight including no gum chewing or hard candies. (Except for completing prep if afternoon appointment)
2. Heart and blood pressure medications may be taken with a small glass of water around 6 A.M. If your test is after 12 P.M. (noon) you may take your morning dosage of medications as you usually would.
3. If polyp removal is required, patient must stay in the Detroit Metro Area overnight following the procedure. If any bleeding, pain or other untoward symptoms occur it is imperative that the physician be notified immediately so prompt and proper treatment may be administered.
4. Report to \_\_\_\_\_
5. Date: \_\_\_\_\_
6. Arrival Time: \_\_\_\_\_
7. You must be accompanied by someone who can stay there as long as you are. This person must be able to drive you home after the exam.
8. **IF THERE ARE ANY QUESTIONS ABOUT THE PROCEDURE, PREPARATION OR SHOULD YOU HAVE TO CANCEL THIS TEST, PLEASE CALL (248) 273-9930 EXT. 3034 OR EXT. 3036**