
PATIENT NAME

PATIENT ID

DOCTOR

CHECK IN FOR YOUR PROCEDURE:

Date: _____ Time: _____ AM PM

Flowood Endo Center: 2510 Lakeland Drive, Flowood

Madison Endo Center: 106 Highland Way, Madison (St. Dominic – Highland Medical Arts Building)

Vicksburg Endo Center: 1815 Mission 66, Vicksburg

Other: _____

MIRALAX, GATORADE, DULCOLAX PREPARATION FOR COLONOSCOPY PROCEDURE

This exam requires careful preparation!

*****Read through these instructions carefully at least 5 days prior to your procedure.*****

Purchase these items:

- MIRALAX BOTTLE** 255 or 238 grams (over the counter, no prescription necessary)
- GATORADE** 64 oz. bottle (or two 32 oz. bottles)
** If you are diabetic, purchase **Gatorade Propel** or **Powerade Zero** instead.
- DULCOLAX** (Bisacodyl) 5mg tablets (purchase four tablets, no prescription necessary)

It is very important that you follow the full program of preparation. The results obtained from the exam are dependent on your colon being carefully cleansed and empty. An improperly prepared bowel may mean the exam will have to be repeated at another time, and more importantly, fecal matter left in the bowel can hide important conditions that may be present.

- Bring all current medications with you to the facility where your procedure will be done.
- **Five (5) days before** your scheduled procedure, **stop taking all iron** supplements.
- Please leave all jewelry and valuables at home. However, bring insurance cards and drivers license. You may want to bring a sweater.
- You will be given medication to make you sleepy. You must have someone with you who will be responsible for driving you home. The driver must be a responsible adult, 18 years of age or older. In the event that the driver is a licensed minor, a secondary adult must be available to sign the discharge orders. Any exceptions to this requirement must be made by the attending physician in advance. Patients are not allowed to leave alone by taxi or bus. If you must cancel your procedure, please notify this office as soon as possible.
- Your driver **must** remain at the facility.

The entire DAY BEFORE your procedure

- **Absolutely No Solid Food** until your procedure is completed.
- You may have clear liquids, as much as you would like, all throughout the day.
- Clear liquids include water, clear juice, black coffee, tea, broth, Jell-o, soft drinks, and popsicles (nothing red or purple, no dairy products, no orange juice, no alcohol).

3:00 PM Take 2 tablets of DULCOLAX (Bisacodyl). Swallow whole; do not crush or chew. Do not take within one hour of taking an antacid. The first bowel movement should occur within 1 to 6 hours of taking the tablets.

- 4:00 PM** Mix the entire bottle of MIRALAX into the 64 ounces of GATORADE (put half the bottle of Miralax in each 32-ounce bottle of Gatorade.) Diabetics can use Gatorade Propel or Powerade Zero. Shake the solution until fully dissolved. Drink one 8-ounce glass every 10-20 minutes until the solution is completely gone. This method has been determined to work best. Should you feel nauseated, you may pause for 30-60 minutes, and then resume drinking the solution.
- 8:00 PM** Take the last 2 DULCOLAX (Bisacodyl) tablets.
- If you experience **nausea and vomiting** and are unable to keep the prep down, refer to “Helpful Hints” sheet.
 - You may continue to have clear liquids tonight as desired.
 - **If you take blood thinners or medications to treat diabetes, heart conditions, hypertension, or seizures**, see notes below.

The DAY OF your procedure

- **Absolutely No Solid Food** until your procedure is completed.
- You may have clear liquids **until 3 hours before** checking in, and then **DO NOT have anything by mouth until after your procedure. If you drink anything during this time, your procedure may have to be rescheduled.**
- **If you take blood thinners or medications to treat diabetes, heart conditions, hypertension, or seizures**, see notes below.

BLOOD THINNERS

If you take any of the following medications, **let us know**. You will be given specific instructions based on the procedure you will be having.

Aggrenox (aspirin/ dipyridamole)	Eliquis (apixaban)	Pletal (cilostazol)
Arixtra	Heparin	Pradaxa (dabigatran)
Brilinta (ticagrelor)	Lovenox	Savaysa
Coumadin (warfarin)	Miradon (anisindione)	Ticlid (ticlopidine HCL)
Effient (prasugrel)	Plavix (clopidogrel)	Xarelto

If you take Aspirin or Persantine (dipyridamole), please hold the dose on the day of your procedure.

HEART, BLOOD PRESSURE, AND SEIZURE MEDICINES

If you take medication for your heart, blood pressure, or seizures, please take these medications on the morning of your procedure with a small sip of water.

DIABETIC PATIENTS

- Monitor your blood sugar while prepping for your procedure.
- Please make sure you have drinks available that are “regular” (not diet or sugar-free) in case you develop low blood sugar while you are prepping for your exam.
- If you take a pill to lower your sugar, **do not take it** before you check in for your procedure.
- If you take insulin, we will try to schedule your procedure in the early part of the day. **Do not take Humulin, regular or NPH insulin** before arrival on the day of the procedure.
- If you have an insulin pump, continue on your usual basal rate the morning of your procedure. When eating again, you can resume bolus doses.
- If you take any other insulin preparation such as Lantus, Humalog, or 70/30 Insulin then **you MUST CONTACT YOUR PRESCRIBING DOCTOR FOR INSTRUCTIONS.**

*** If you do not have clear results from your prep after completing it or if you need assistance the same day as your procedure, call 601-863-0368 (6:15 a.m.–3:30 p.m.), and one of our RNs will be happy to assist you

If you have any questions about these instructions please check our web site at www.gi.md or call **601-355-1234** and ask for your **doctor’s assistant**.