



# Gastroenterology Associates of West Florida

## Digestive Diseases and Nutrition

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### Preparing for Colonoscopy or Flexible Sigmoidoscopy using the Two Day MiraLax Prep

You are scheduled for a colonoscopy or a flexible sigmoidoscopy on \_\_\_\_\_.

- **The Surgery Center will call you one day prior to the procedure with the time.**

Please be courteous to others and call with cancellations at least 72 hours prior to the procedure.  
Make appropriate arrangements for copay and deductibles with the surgery center.

- **WE WILL NOT PERFORM THE EXAM ON PATIENTS WHO COME ALONE**
  - You will not be able to drive home after the test if you receive sedation. You **must be accompanied** by someone who can see you home after the exam.
- You need to **HOLD** Coumadin, Plavix, Aspirin, Fish Oil, Vitamin E, multivitamins, Arthritis Pills, and Ibuprophen unless instructed otherwise for five (5) days prior to the exam. You may take Tylenol and/or Darvocet for pain.

#### Items to be purchased prior to the exam (all available over the counter):

- One bottle of Citrate of Magnesia
- 64 Oz of Gatorade or PowerAde, Crystal Light, or vitamin water (**Not Red or carbonated**)
- Dulcolax Laxatives, 8 tablets
- MiraLax 238 /8.3 oz grams

#### Two days prior to the exam:

1. Take clear liquids only ALL DAY such as soda, broth, apple juice, tea, **BLACK** coffee, or ice pops.
2. Take one (1) bottle of citrate of magnesia at about 3 p.m.
3. Take 2 Dulcolax laxatives by mouth at 7 p.m.

#### One day prior to the exam:

1. Take clear liquids **ALL DAY**: Soda, broth, apple juice, tea & coffee **BLACK** (NO Creamer sugar is okay) and ice pops **NOTHING THE COLOR RED AND NOTHING THAT CONTAINS ALCOHOL.**
2. Put the 64 oz. of Gatorade or PowerAde (**No Red or Carbonated Beverages**) into a large pitcher at room temperature add the entire contents of MiraLax to the pitcher. Mix and refrigerate.
3. Continue to drink plenty of liquids throughout the day and evening.
4. **At 4 p.m.** Drink 8 oz. of Gatorade or PowerAde mixed with MiraLax every **15 minutes** until the entire 64 oz. is consumed.
5. **At 7:00 p.m.** take **2 Dulcolax** tablets by mouth. If not running clear, take **2 Dulcolax** tablets at midnight (clear is no solid pieces, may be Yellow, Green, liquid or mucus, but no solids).
6. Nothing by mouth after midnight.

#### Day of the exam:

1. Take only blood pressure, heart, and lung medications as discussed with your doctor with a sip of water. **Do not take diabetes pills or insulin (See Diabetic instructions).**
2. Do not wear makeup or nail polish.

**\*\*Buy some flushable baby wipes and put in refrigerator, use to help soothe the rectum. \*\***

Doctor Doing Procedure: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Doctors are available 24 hours day or night. Please call if you have problems with prep, questions about medications, or any other concerns: Call (727).846.7031