



Gastroenterology Associates of West Florida

Digestive Diseases and Nutrition

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Preparing for colonoscopy or flexible sigmoidoscopy using the Miralax/Gatorade one day prep

You are scheduled for a colonoscopy or 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, Arthritis Pills, and Ibuprophen unless instructed otherwise for 5 days prior to the exam. You may take Tylenol, Narco, or Percocet

Items to be purchased prior to the procedure (all available over-the-counter):

- 64 oz. of Gatorade, PowerAde, Crystal Light, or Vitamin Water (not red)
- Dulcolax laxatives, 8 tablets
- Miralax 238 g/8.3 oz.

Two Days Prior to the exam: Regular Diet

Take two (2) Dulcolax tablets by mouth any time after 7 PM.

One day prior to the exam: No solid food, NO JELLO

1. Clear liquids only ALL DAY, such as soda, broth (beef, vegetable, or chicken), apple juice, tea, **BLACK** coffee (no creamer), and ice pops. **NOTHING THE COLOR RED! And NOTHING THAT CONTAINS ALCOHOL.**
2. Put the 64 oz. of Gatorade, PowerAde, Crystal Light, or Vitamin water (AT ROOM TEMPERATURE) into a large pitcher, add the entire contents of the 8.3 oz. of Miralax to the pitcher, mix, and refrigerate.
3. Continue drinking plenty of liquids throughout the day and evening.
4. At 3 PM. Start to drink 8 oz. of the Gatorade/PowerAde/Crystal Light Miralax every 15 minutes until the entire 64 oz. is consumed
5. At 8 PM. Take 4 Dulcolax tablets by mouth. If not running clear, then take 2 Dulcolax tablets at midnight. **(No solid pieces, should be liquid or mucus, but no solids).**
6. Nothing after midnight.

Day of 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 make-up or jewelry.

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 Or (352).666.1441.