



# Gastroenterology Associates of West Florida

## Digestive Diseases and Nutrition

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### Preparing for Colonoscopy or Flexible Sigmoidoscopy using the One 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):

- 64 Oz of Gatorade or PowerAde, or Crystal Light
- Dulcolax Laxatives, 8 tablets
- MiraLax 238 grams

#### **Two days prior to the exam- Regular Diet:**

1. Take 2 Dulcolax laxatives by mouth at 7 p.m.

#### **One day prior to the exam—No solid food, NO Jell-O:**

1. Take clear liquids **ALL DAY** such as soda, broth, apple juice, tea, **BLACK** coffee, and ice pops.
2. Put the 64 oz. of Gatorade or PowerAde into a large pitcher at room temperature. Add the entire contents of the 238 grams of MiraLax to the pitcher. Mix and refrigerate.
3. Continue to drink plenty of liquids throughout the day and evening.
4. At 7 p.m. Drink 8 oz. of Gatorade or PowerAde mixed with MiraLax every 15 minutes until the entire 64 oz. is consumed.
5. At 8:00 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 liquid or mucus, but no solids).
6. Nothing 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 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