



Gastroenterology Associates of West Florida

Digestive Diseases and Nutrition

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Diplomates American Board of Gastroenterology
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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 four (4) 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, or Crystal Light
- Dulcolax Laxatives, 8 tablets
- MiraLax 238 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 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 3:00 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 4 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 to eat or drink at least 6 hours prior to the procedure.

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.

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