



# Gastroenterology Associates of West Florida

## Digestive Diseases and Nutrition

*Diplomates American Board of Gastroenterology  
Diplomates American Board of Internal Medicine*

Primary Mailing Address:  
5622 Marine Parkway, Suite 14  
New Port Richey, FL 34652-4330

(727) 846-7031

Fax (727) 846-7132

Curtis Freedland, D.O.  
Gastroenterology & Nutrition

Joseph Staffetti, M.D.  
Gastroenterology

Dilip Ghanekar, M.D.  
Gastroenterology

### ***PREPARING FOR COLONOSCOPY OR FLEXIBLE SIGMOIDOSCOPY USING THE MIRALAX/GATORADE TWO DAY PREP***

You are scheduled for a Colonoscopy or Flexible Sigmoidoscopy on \_\_\_\_\_

**Please be courteous to others and call with cancellations at least 72 hours prior. Make appropriate arrangements for co-pay and deductibles with the Surgery Center.**

Needed prior to procedure:

1. Get blood drawn one to two weeks prior
2. One bottle of Citrate of Magnesia
3. 64 oz of Gatorade or PowerAde (not red)
4. Dulcolax **Laxatives**, 8 tablets
5. **Miralax** 238 gms over the counter

\*\*\*You must discontinue Coumadin, Plavix, aspirin, Vitamin E, arthritis pills, and ibuprophen unless instructed otherwise for five (5) days prior to the exam. You may take Tylenol and/or Darvocet for pain.

\*\*\*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

***WE WILL NOT PERFORM THE EXAM ON PATIENTS WHO COME ALONE***

#### ***TWO DAYS PRIOR TO THE EXAM – NO SOLID FOOD***

1. Take clear liquids only **ALL DAY** such as soda, broth, apple juice, tea, **BLACK** coffee, ice pops, and Jell-O **except** red Jell-O or other red colored liquids.
2. Take a bottle of Citrate of Magnesia about 3 PM.
3. Take 2 Dulcolax tablets by mouth at 7 PM.

#### ***ONE DAY PRIOR TO THE EXAM– NO SOLID FOOD***

1. Take clear liquids only **ALL DAY** such as soda, broth, apple juice, tea, **BLACK** coffee, ice pops, and Jell-O **except** red Jell-O or other red colored liquids.
2. Put the 64 oz of Gatorade or PowerAde into a large pitcher. Add the entire contents of the 238 gm Miralax (Glycolax) to the pitcher.(both should be room temp when mixed). Refrigerate to get cold.
3. Continue to drink plenty of liquids throughout the day and evening.
4. At 3:00 PM Drink 8 oz of Gatorade or PowerAde mixed with 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, take 2 Dulcolax tablets at midnight.(clear is no solid pieces, may be liquid or mucas but no solids)
6. Nothing to eat or drink at least 6 hours prior to the procedure.

#### ***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.**
2. Do not wear make-up or nail polish.

**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.**