

COLONOSCOPY INSTRUCTIONS—MIRALAX PREP

Dr. Desselle

Your procedure is scheduled for _____.

Please be at facility at _____.

You will need to purchase the following items prior to your procedure:

1. MiraLax 238-255 grams-(over-the-counter)
2. 64 ounce bottle of Gatorade (clear or lemon-lime flavor); and
3. Dulcolax tablets (over-the-counter laxative).

INSTRUCTIONS:

1. TWO DAYS BEFORE your procedure, _____, mix the MiraLax and Gatorade in a gallon container until the powder is dissolved and refrigerate.
2. ON THE DAY BEFORE your procedure _____, drink ONLY clear liquids ALL day.

A CLEAR LIQUID DIET CONSISTS OF: black coffee, tea, clear carbonated beverages, clear gelatins, beef or chicken broth/bullion, or any clear liquids you can see through.

****PLEASE NOTE: NO RED, GRAPE, OR ORANGE LIQUIDS OR JELLO, NO MILK OR MILK PRODUCTS!**

3. At 10:00 am. the day before your procedure take (4) Dulcolax tablets by mouth.
4. At noon drink 8 ounces of MiraLax-Gatorade mixture. Continue to drink 8 ounces every 15 to 20 minutes until ALL the mixture is consumed.
5. Drink 8 ounces of clear liquids every hour until 10:00 P.M.
6. NOTHING TO EAT OR DRINK AFTER MIDNIGHT ON _____.

PLEASE NOTE THE FOLLOWING: STOP all aspirin and blood thinning medicine for seven (7) days prior to your procedure. These products include Persantine, Ascriptin, Any Aspirin products, Coumadin, Alka Seltzer, Motrin, Ibuprofen, Goody Powder, Excedrin, Aleve. You may take Tylenol, if necessary, for pain or headache. YOU MAY TAKE YOUR HEART, BLOOD PRESSURE AND/OR SEIZURE MEDICATION(S) THE MORNING OF YOUR PROCEDURE WITH ONLY A SIP OF WATER.

Leave ALL jewelry and other valuables at home.

PLEASE MAKE SURE YOU HAVE TRANSPORTATION TO AND FROM THE FACILITY. YOU WILL BE UNABLE TO DRIVE YOURSELF! The individual you bring with you will be given follow-up instructions for you. The physician will also inform that person of any known results, unless you indicate otherwise.

If you have any questions please call 256-766-0150. Ask for _____ EXT. _____.