

Colonoscopy Prep Instructions

The Gastroenterology Group
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1. Purchase 2 MIRALAX containers of 119 gm each (over the counter), and 2 Dulcolax laxative tablets at your pharmacy

2. **STOP TAKING:**

- 5-7 days before procedure: Aspirin, Excedrin, Plavix, vitamin E (400 units or more), Ginkgo Balobo or iron
- 4 days before procedure: Coumadin.
- 2 days before procedure: Advil, Aleve, Ibuprofen and any other arthritic medicines.

You may take all of your other regular medicines, BUT not on the day of procedure.

DAY BEFORE PROCEDURE:

3. Clear liquid diet **ALL DAY!** try to intake 64 – 96 oz (Total Fluids)

- **PERMITTED:** Any drinks, natural juices (without pulp), broth, coffee, tea, soda, Gatorade, jello, Sorbet, ice pops, hard candies, natural cranberry or grape juices.
- **AVOID: BLUE, RED OR GREEN COLORED:** jello, ice pops or Kool Aid, and milk or any milk byproducts.

4. Prep

- **At 5PM** mix the 119 gm bottle of **MIRALAX** into one quart of liquid and drink this quart mixture over 1-2 hours. Also, **take the 2 Dulcolax laxative tablets** when you start drinking the **MIRALAX**.
- **At 9PM** mix another 119 gm bottle of **MIRALAX** into one quart of liquid and drink this quart mixture over 1-2 hours.
- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT**, unless you must take a sip of water to take a pill that was discussed with your doctor.
- If you are a diabetic: Cut your dose of insulin and diabetic pills in half.

NOTE: If you are not working can begin prep at noon and repeat at 4:00pm.

DAY OF PROCEDURE:

- **DO NOT take any insulin or diabetic medicine the morning of the test.** Advise the nurse at the endoscopy area that you are diabetic when you arrive, and BRING your medications with you.
- If you use an inhaler (even if only periodically) BRING YOUR INHALER WITH YOU to the procedure.
- Bring a list of all your medications to the procedure, give the list to the nurse.
- Arrange for a **DRIVER** for the procedure day, since you cannot drive yourself. The driver may drop you off and pick you up later. Total time is about 2 - 2-1/2 hours at the endoscopy area.
- **Register at Outpatient Registration at:**

[] Florida Hospital North (Altamonte Springs)
601 E. Altamonte Drive
Altamonte Springs, FL 32701
Phone: 407-303-2251

[] MNH Surgical Center
1101 N Maitland Avenue
Maitland, FL 32751
Phone: 407-644-4222

YOUR PROCEDURE IS SCHEDULED ON _____ AT _____ YOU NEED TO ARRIVE

45 MIN 30 MIN 1 ½hrs **IN ADVANCE.**