

MIRALAX/GLYCOLAX PREP FOR COLONOSCOPY

**Buy: 1 bottle of Miralax or Glycolax (between 235 and 255 g)
1 small package of Bisacodyl (Dulcolax) tablets (at least 4 tablets)
2 quarts (64 ounces) of Gatorade or Crystal Light (not red or purple)**

Two (2) Days Before Colonoscopy: Avoid whole grains, seeds, nuts, raw tomatoes and corn.

Day before your colonoscopy:

- ❖ **Clear liquids for the entire day – *no solid food*** until after the procedure is completed! Clear liquids include broth, apple juice, Gatorade, ginger ale and other sodas, black coffee or tea, jello, ice pops, white cranberry juice. **NO RED OR PURPLE PRODUCTS..**
- ❖ Drink as much fluid as possible, including juice and broth. Don't just drink water
- ❖ **At 5 pm** take 4 Dulcolax tablets with a glass of water.
- ❖ **At 7 pm** mix the whole bottle of Miralax or Glycolax with a 64 oz bottle of Gatorade or Crystal Light in a pitcher, and stir until the Miralax or Glycolax is dissolved.
- ❖ **Drink 8 ounces** of this solution every 15 minutes until you have finished 2 quarts. If you develop nausea, take a break for an hour and then resume the solution. **You must drink all 64 ounces.**
- ❖ Once you have completed the solution, resume clear liquids. **If your procedure is before 1 pm** stop drinking liquids at midnight. **If your procedure is 1 pm or later** you may drink liquids until 8 AM.

Day of your colonoscopy:

- ❖ You may take your necessary morning medications with a sip of water (no more than 2 tablespoons)
- ❖ **THE PREP MUST BE FINISHED 4 HOURS PRIOR TO YOUR PROCEDURE TIME. ONLY NECESSARY MEDICATIONS MAY BE TAKEN WITH A SIP OF WATER AFTER COMPLETION OF PREP. IF YOU TAKE ANYTHING BY MOUTH INCLUDING ANY SOLID FOOD, LIQUIDS, GUM, MINTS, HARD CANDY OR WATER, YOUR PROCEDURE WILL BE RESCHEDULED.**

Medications:

- ❖ **DIABETES:** If you take medications for diabetes or to control your blood sugar, call your primary physician for instructions on how to take these medications on the day before your colonoscopy and on the day of the procedure.
- ❖ **BLOOD THINNERS:** If you are taking ANY blood thinner other than Aspirin, you need to make an appointment with one of the physicians of Gastrointestinal Associates to discuss how you will coordinate the medication use before and after the procedure. *Your Gastrointestinal Associates physician will make a recommendation about your blood thinner. You will need to speak to the physician who orders this medication for you. If there is a difference in his/her recommendation, you must call our office to advise your Gastrointestinal Associates physician.* If you are on chemotherapy with **Avastin**, it is critical that your Gastrointestinal Associates physician be made aware of this.

If you are unable to finish the preparation, please call the office at 267-620-1100.

GASTROINTESTINAL ASSOCIATES, INC.

WHAT IS COLONOSCOPY?

A flexible tube (colonoscope) is passed through the rectum into the lower intestinal tract. This enables the physician to view the lining of the rectum and all parts of the large intestine. (colon)

1. It is imperative that you **follow instructions given to you by Gastrointestinal Associates, Inc.** There are **restrictions on food and liquid intake. Failure to follow these restrictions could mean the cancellation of your procedure.**
2. **Meridia, Phentermine and Herbal products** must be **stopped two weeks** before the procedure.
3. **Fiber supplements and iron containing products** must be **stopped one week** prior to the procedure.
4. **You may take** blood pressure, heart and/or asthma medication with a sip of water.
5. **Diabetics** – if you are medicine-controlled check with the doctor who prescribes your medications for diabetes.
6. **Transportation** – you must arrange for a driver to accompany you to and from the procedure unit. Failure to have an available driver immediately following your procedure will result in cancellation of your procedure. **THEREFORE, YOUR DRIVER MUST REMAIN IN THE PROCEDURE UNIT WAITING ROOM UNTIL YOU ARE DISCHARGED.** If you are taking a taxi or public transportation, you must have an adult with you. **You cannot drive for 12 hours following your procedure. Therefore, you must have a driver.** Please have your driver available should your procedure time need to be changed.
7. Let us know of any **medication changes** prior to your procedure.
8. Let us know of any **insurance changes** prior to your procedure.
9. **Bring** your insurance cards and make sure that your referral (if required) is in order for the doctor's charge and the facility's charge. **You are responsible for any copays.**

YOUR PROCEDURE IS SCHEDULED AT: GASTROINTESTINAL ENDOSCOPY CENTER

1600 Horizon Drive – Suite 107

Chalfont, PA 18914

Arrive 45 mins. before procedure time

Parking available

PROCEDURE DATE: _____

PROCEDURE TIME: _____

(what is colonoscopy 8/18)