

## WEST GEORGIA GASTROENTEROLOGY MIRALAX PREP

Your colonoscopy will be performed at \_\_\_\_\_.

You will need to arrive at \_\_\_\_\_ am/pm on \_\_\_\_\_.

**Colon preps may leave you dehydrated, it is important to drink as much liquid as you can before, during and after the prep. Failure to take the prep as indicated may result in a poorly cleansed colon.**

You will be on a clear liquid diet all day \_\_\_\_\_. NO solid foods, NO milk products and NO alcoholic beverages. NO RED!

### **CLEAR LIQUID DIET:**

Juices without pulp (apple/white grape)	Water
TEA (no cream or nondairy creamer)	BOUILLION CUBES
COFFEE (no cream or nondairy creamer)	SPRITE
Gelatin desserts (without fruit or topping NO RED)	7-UP
GINGERALE	FRUIT POPSICLES (NO RED)
GATORADE (NO RED)	Hard Candy (NO RED)
CRYSTAL LIGHT DRINKS (NO RED)	KOOLAID (NO RED)

### **Day Prior to your Colonoscopy:**

**Step 1:** You will need to buy 8.3oz bottle of Miralax, 4 Dulcolax tablets (5milligram tablets) and two bottles of 64 oz. Gatorade/Powerade

**Step 2:** At 2:00pm take 4 Dulcolax tablets by mouth

**Step 3:** Mix the Miralax (8.3oz) in with one 64oz bottle of Gatorade/Powerade. Shake the mixture well. Place liquid in refrigerator to chill

**Step 4:** At 5:00pm start to drink the Miralax mixture. Drink one glass every 10 to 15 minutes. Finish drinking the liquid within 2 to 4 hours.

**Step 5:** Drink the second 64 oz. bottle of Gatorade/Powerade

**Step 6:** Do not eat or drink anything after midnight. You may gargle but do not swallow any liquid. This includes gum, hard candy, and tobacco products.

### **IMPORTANT:**

1. If you take blood pressure medicine, heart tablet or seizure medicine, you may take with a sip of water the morning of your procedure.
2. If you take Insulin, Take ½ of your regular dose the evening before. Do not take your diabetic pills or Insulin the morning of the test.
3. Your driver must stay at the Procedure Center during your entire visit, or your procedure WILL BE rescheduled. **After the procedure you will not be able to drive or work the remainder of the day.** Please expect to be at the procedure center for 2 to 4 hours.

**\*IF YOU TAKE ASPIRIN, STOP ASPIRIN 1 DAY BEFORE PROCEDURE. IF YOU TAKE COUMADIN OR PLAVIX, YOU WILL NEED TO STOP COUMADIN OR PLAVIX 5 DAYS BEFORE PROCEDURE. IF YOU ARE A DIABETIC, DO NOT TAKE YOUR MEDICINE THE DAY OF THE PROCEDURE.**

**Please call our office with any questions: 770-214-2800**

Due to limited space in our waiting area, we ask that you bring no more than 2 people with you. Thank you!