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THIS PROCEDURE WILL BE CANCELLED IF
YOUR DRIVER LEAVES THE PREMISES.

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COLONOSCOPY PREPARATION (MIRALAX / GATORADE)

The following measures must be adhered to in order to permit an adequate examination.

IF YOU ARE ON BLOOD THINNERS (XARELTO, ELIQUIS, COUMADIN, LOVENOX, HEPARIN, PRADAXA, PLAVIX, BRILINTA) OR IF YOU ARE UNSURE- PLEASE NOTIFY THE SCHEDULER OR PHYSICIAN. IT MAY BE NECESSARY TO STOP THESE MEDICATIONS PRIOR TO THE PROCEDURE.

Tylenol and Aspirin are acceptable for use until the day of procedure.

PURCHASE AT THE PHARMACY

- Four (4) 5mg Dulcolax (laxative) tablets
- 238 Gram bottle of MiraLax
- Two 32 oz. bottles of Gatorade (not red or purple)

Please Note: Individual responses to laxatives vary. This preparation may cause multiple bowel movements usually taking effect 30 minutes up to three hours after ingestion. Please remain within easy reach of restroom facilities.

ONE WEEK PRIOR TO PROCEDURE

STOP taking IRON supplement one week prior to procedure.

Restricted residue diet – DO **NOT** EAT nuts, seeds, popcorn and corn. Discontinue fiber supplements including Metamucil, Citrucel, Benefiber, etc.

DAY BEFORE PROCEDURE

EAT/DRINK ONLY “CLEAR LIQUIDS” for breakfast, lunch, and dinner.

DO **NOT** EAT/DRINK solid foods, milk products, alcohol, or anything colored red or purple.

“Clear liquids” acceptable for consumption are listed below:

- Soft Drinks (orange, ginger ale, cola, sprite and 7-up)
- Gatorade and Kool-Aid
- Strained fruit juices WITHOUT PULP (apple, white grape, lemonade)
- Water, tea, and coffee (NO milk products can be added including non-dairy creamer)
- Clear broth or bouillon
- Hard candies
- Jell-O and Popsicles (again, avoid red and purple flavors)

(continued on back)

In addition to the "clear liquid" diet, the laxative procedure must be done the day before the exam. The following list is a step-by-step process which ensures proper use of the laxatives.

MORNING APPOINTMENT PROCEDURE

1. At 3:00 P.M. take four (4) Dulcolax tablets
2. At 5:00 P.M. mix the 238 Gram bottle of MiraLax in 64oz. of Gatorade. Shake until MiraLax is completely dissolved.
3. Drink an 8oz. glass every 10-15 minutes until **ALL** the solution is gone. (If you begin to feel nauseated or bloated you may spread out each 8oz. glass to every 30-45 minutes.)

AFTERNOON APPOINTMENT PROCEDURE (if your test is 12:00pm or later)

1. At 3:00 P.M. take four (4) Dulcolax tablets
2. At 5:00 P.M. mix the 238 Gram bottle of MiraLax in 64oz. of Gatorade. Shake until MiraLax is completely dissolved.
3. Drink an 8oz. glass every 10-15 minutes until **HALF** the solution is gone. (If you begin to feel nauseated or bloated you may spread out each 8oz. glass to every 30-45 minutes.)
4. At 5:00am on morning of procedure, drink remaining solution and **complete by five (5) hours prior to your procedure.**

DAY OF PROCEDURE

1. **YOU MAY CONTINUE CLEAR LIQUID DIET UNTIL FIVE (5) HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME.**
2. Heart and blood pressure medications may be taken with a small glass of water around 6AM.

If your test is after 12PM (noon) you may take your morning dosage of medications as you normally would.
3. Do not take injectable insulin.
4. Do not take any oral diabetes medications (pills).
5. No marijuana use for 48 hours before procedure.
6. If a polyp is removed, patient must stay in the Detroit Metro Area overnight following the procedure. If any bleeding, pain or other symptoms occur it is imperative that the physician be notified immediately so prompt and proper treatment may be administered.
7. Report to _____
8. Date: _____
9. Arrival Time: _____
10. You must be accompanied by someone who can stay at facility while you are there. This person must be able to drive you home after the exam.
11. **IF THERE ARE ANY QUESTIONS ABOUT THE PROCEDURE, PREPARATION OR SHOULD YOU HAVE TO CANCEL THIS TEST, PLEASE CALL (248) 273-9930 EXT. 3034 OR EXT. 3036**