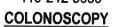
GASTROINTESTINAL DIAGNOSTIC CENTER 700 GEIPE ROAD, SUITE 220 CATONSVILLE, MD 21228 410-242-3636



	(30)
/	410-247-7500
	X207 Jessica
/	ALSO SOSSION
/	

DATE:			
ARRIV	AL TIME: APPOINTMENT TIME:		
GENERAL INSTRUCTIONS:			
This procedure will be performed at the Gastrointestinal Diagnostic Center (GIDC), 700 Geipe Road, Suite 220. A colonoscopy takes approximately 20-30 minutes. You will then be taken to the recovery room, where you will remain approximately 1 hour.			
You will be sedated for this procedure and will not be allowed to drive home or return to work after the procedure. Please arrange for a responsible adult to transport you to and from the center. YOUR PROCEDURE WILL BE CANCELLED IF YOU DO NOT HAVE A RESPONSIBLE ADULT WITH YOU.			
MEDICATIONS:			
 If you are taking iron medications discontinue 10 days prior to preparation. If you are taking aspirin, or aspirin containing medications, discontinue 7 days prior to preparation. Arthritic medications should be discontinued 4 days prior to preparation. If you are taking Metamucil, Colace, Pericolace, or a similar product, discontinue 2 days prior to preparation. If you are Diabetic, please discuss your medication with your physician. Take ½ dose of			
STOP:	prior to your procedure.		

Miralax-Gatorade Preparation

You will need to purchase 2 bottles of Miralax (238g each) and 4 Dulcolax Tablets

The first day of your preparation is:
Cereal, Cream of Wheat or a scrambled Egg. You will then be on clear liquids.
Clear Liquids

Water
Clear Broth or Bouillon
Coffee or Tea (Sweetened, Black)
White Grape Juice
Clear Soft Drinks
Ice Popsicles

Apple Juice
Powedered Lemonade
Jello (Lemon or Lime)
Gatorade
Lemon Italian Ice

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DO NOT DRINK AND LIQUID THAT IS RED, ORANGE OR PURPLE.

5:00PM- Mix one bottle of Miralax in 32ounces of Gatorade or any other clear non-carbonated liquid. Please avoid Red, Orange or Purple Gatorade as this may lead to confusion when the prep takes effect. This will form a light slurry mixture. Please shake well and refrigerate.

5:00PM- Start drinking the mix. Drink an 8 ounce glass of mix every hour until finished.

You should be finished the preparation at 10:00PM

Continue to drink clear liquids.

Miralax-Gatorade Preparation

You will need to purchase 2 bottles of Miralax (238g each) and 4 Dulcolax Tablets

The first day of your preparation is:	
Cereal, Cream of Wheat or a scrambled Egg. You will then	You may have a light breakfast such as: Oatmeal, be on clear liquids.

Clear Liquids

Water
Clear Broth or Bouillon
Coffee or Tea (Sweetened, Black)
White Grape Juice
Clear Soft Drinks
Ice Popsicles

Apple Juice
Powedered Lemonade
Jello (Lemon or Lime)
Gatorade
Lemon Italian Ice

DO NOT DRINK AND LIQUID THAT IS RED, ORANGE OR PURPLE.

5:00PM- Mix one bottle of Miralax in 32ounces of Gatorade or any other clear non-carbonated liquid. Please avoid Red, Orange or Purple Gatorade as this may lead to confusion when the prep takes effect. This will form a light slurry mixture. Please shake well and refrigerate.

You should be finished the preparation at 10:00PM

Continue to drink clear liquids.

The day before your procedure is:	
day.	You will be on a clear liquid diet the entire
<u>C</u>	lear Liquids
Water	Apple Juice
Clear Broth or Bouillon	Powdered Lomonado

White Grape Juice

Coffee or Tea (Sweetned, Black)

Clear Soft Drinks

Ice Popsicles

Powdered Lemonade

Jello (Lemon or Lime)

Gatorade

Lemon Italian ice

DO NOT DRINK ANYTHING RED, ORANGE OR PURPLE.

5:00PM- Mix the entire 238g bottle of Miralax in 32 ounces of Gatorade or any other clear non-carbonated liquid. Please avoid red Gatorade, as this may lead to confusion when the prep takes effect. This will form a light slurry mixture. Please shake well.

6:00PM- Start drinking the mix. Drink an 8 ounce glass of the mix every HOUR until finished.

** You should be finished drinking the prep at 10:00PM**

10:30PM- Take 4 Dulcolax tablets with 8 ounces of any clear liquid.

DO NOT DRINK ANYTHING AFTER MIDNIGHT