

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

30

410-247-7500
X207 Jessica

DATE: _____

ARRIVAL 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:

1. If you are taking iron medications discontinue 10 days prior to preparation.
2. If you are taking aspirin, or aspirin containing medications, discontinue 7 days prior to preparation.
3. Arthritic medications should be discontinued 4 days prior to preparation.
4. If you are taking Metamucil, Colace, Pericolace, or a similar product, discontinue 2 days prior to preparation.
5. If you are **Diabetic**, please discuss your medication with your physician.
Take ½ dose of _____ the day before your procedure, and none the morning of your procedure.
6. If you are taking antibiotics, you may continue as instructed.
7. Coumadin or other blood thinners may be stopped for several days prior to the procedure. Please discuss this with your physician.
8. Do not take any tranquilizers on the morning of your procedure, because you will have sedation.
9. If you are taking medication for your heart, you may take your medication with 4 oz. of water the morning of your procedure.
10. If you are taking medication for high blood pressure, please discuss this with your physician.
11. Please notify your physician if you are unable to complete your preparation for this procedure.

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:

_____. You may have a light breakfast such as: Oatmeal, 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
Powdered 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 32 ounces 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.

6:00PM

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:

_____ . You may have a light breakfast such as: Oatmeal, 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
Powdered 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 32 ounces 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.

6:00PM

~~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.

The day before your procedure is:

_____. You will be on a clear liquid diet the entire day.

Clear Liquids

Water	Apple Juice
Clear Broth or Bouillon	Powdered Lemonade
Coffee or Tea (Sweetened, Black)	Jello (Lemon or Lime)
White Grape Juice	Gatorade
Clear Soft Drinks	Lemon Italian ice
Ice Popsicles	

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