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

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-GATERADE PREPARATION

You will need to purchase 1 bottle of Miralax(238g each) and 4 Bysacodyl(Dulcolax) tablets

The first day of your preparation is:

\_\_\_\_\_. You may have light breakfast such as:  
Cereal, Oatmeal, Cream of Wheat or Oatmeal. You will then be on a clear liquid diet.

#### CLEAR LIQUIDS

Water

Apple Juice

Clear Broth or Bouillon

Powdered Lemonade

White Grape Juice

Jello(Lemon or Lime)

Clear soft drinks

Gatorade

Ice Popsicles

Lemon Italian Ice

Coffee or Tea (Sweetened, Black)

**DO NOT DRINK ANYTHING THAT IS RED, ORANGE OR PURPLE!!!**

The day before your procedure is: \_\_\_\_\_

You will still be on clear liquids the whole day.

**5:00pm** – Mix the bottle of Miralax(or the generic form Glycolax) in 32 ounces of Gatorade or any other clear non-carbonated liquid. This will form a light slurry. Shake well and refrigerate.

6:00pm to 10:00pm – Start drinking the mixture. Drink an 8 ounce glass every hour until finished.

10:30pm – Take 4 Bysacodyl tablets (Dulcolax) with 8 ounces of any clear liquid

**DO NOT DRINK ANYTHING AFTER MIDNIGHT!**

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