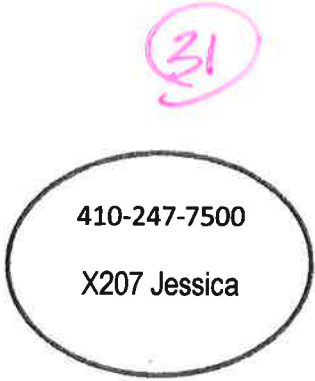


GASTROINTESTINAL DIAGNOSTIC CENTER  
700 GEIPE ROAD, SUITE 220  
CATONSVILLE, MD 21228  
410-242-3636  
COLONOSCOPY



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 1 bottle of Miralax (238g) and 4 Dulcolax Tablets

The day before your procedure is:

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

### Clear Liquids

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

Apple Juice  
Powdered Lemonade  
Jell-O (Lemon or Lime)  
Gatorade  
Lemon Italian Ice

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

5:00PM- Mix ½ bottle of Miralax in 16 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- Start drinking the mix. Drink an 8 ounce glass of mix every hour until finished.  
\*\*You should be finished the preparation at 8:00PM\*\*

10:00PM- Take 4 Dulcolax Tablets with 8 ounces of any clear liquid.

**On the morning of your procedure at \_\_\_\_\_ AM:** Mix the second half of Miralax in 16 ounces of Gatorade or any other clear non-carbonated liquid. Shake well and refrigerate.

At \_\_\_\_\_ Start drinking the mix. Drink an 8 ounce glass of the mix every HALF hour until finished.

\*\* You may have clear liquids until \_\_\_\_\_ the morning of your procedure.

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