

Colonoscopy Prep – MiraLax B (morning)

Name _____ Colonoscopy _____ Day _____ Date _____

Arrival Time at Endoscopy Center _____ Procedure Time _____

Prior to Preparation:

✓ Medication Adjustments _____

Do not take Aspirin, Ibuprofen, Advil, Aleve, Motrin, and/or arthritis medications _____ day(s) before the study as these can thin your blood. You may take Tylenol if needed. Other medication instructions will be given when we call you 1-3 days prior to the procedure.

- ✓ Purchase 1 bottle of MiraLax (238 grams) laxative at the pharmacy. You do not need a prescription for this.
- ✓ Purchase a 32-ounce bottle of Gatorade. (Avoid artificial red or orange colors.)
- ✓ **Arrange for a driver.** Your driver must stay in the waiting room the entire time; this is a Department of Health guideline. You will not be able to drive until the next morning.
- ✓ **IF YOU MUST CANCEL OR RESCHEDULE YOUR PROCEDURE, WE REQUIRE A 4 DAY NOTICE.**

Preparation:

_____ **Breakfast & Lunch** Normal Diet
Day of Week

Begin your Clear Liquid Diet Immediately After Lunch

Please avoid all artificial red or orange products during your preparation. Items that are naturally red in color (example cranberry juice) are acceptable as a clear liquid. Therefore, you may have the product if you can see through it, it is not artificially red or orange, and has nothing solid in it. Make sure you drink something every waking hour during the preparation, stopping five hours before procedure.

- | | |
|--------------------------------|------------------------------|
| ➤ Coffee (no creamer) or Tea | ➤ Fruit juices |
| ➤ Water | ➤ Freeze Pops |
| ➤ Soda | ➤ Jell-O (no fruit in it) |
| ➤ Broth, bouillon, or consommé | ➤ Athletic drinks (Gatorade) |

- 4:00 PM** Mix the entire bottle of MiraLax into the bottle of Gatorade (AVOID RED AND ORANGE COLORS) Shake well and refrigerate. This will form a light slushy.
- 5:00 PM** Drink an 8-ounce glass of the Gatorade mix. Drink 2-3 glasses of clear liquids within the next hour.
- 6:00 PM** Drink an 8-ounce glass of the Gatorade mix. Drink 2-3 glasses of clear liquids within the next hour.
- 7:00 PM** Drink an 8-ounce glass of the Gatorade mix. Drink 2-3 glasses of clear liquids within the next hour.
- 8:00 PM** Drink an 8-ounce glass of the Gatorade mix.

*** If you have any questions please call us at (717) 217-4312***

**** NOTHING BY MOUTH FIVE HOURS BEFORE PROCEDURE EXCEPT MEDICATIONS ****

Take medications as usual, with a sip of water, unless otherwise directed

Patient's Signature

Witness

Date