

LATE MORNING/AFTERNOON Colonoscopy Preparation — MiraLax/Gatorade

Name \_\_\_\_\_

Colonoscopy \_\_\_\_\_

Arrival Time at Endoscopy Center \_\_\_\_\_ AM / PM

DAY DATE  
Procedure Time \_\_\_\_\_ AM / PM

**Prior to Preparation:**

- ✓ Medication Adjustments \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- ✓ Do not take Aspirin, Ibuprofen, Advil, Aleve, Motrin, Excedrin and/or arthritis medications \_\_\_\_\_ day(s) before your study as these can thin your blood. You may take Tylenol. Other medication instructions may be given when we call you 1-3 days prior to your procedure.
- ✓ **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 for 12 hours following your procedure.
- ✓ Please notify us of any medication or insurance changes as soon as possible.
- ✓ **We require a 4 day notice to cancel or reschedule procedures. Failure to give this notice may result in a cancellation fee. Please call 263-0629 as soon as possible to make any scheduling changes**
- ✓ If you have any other questions regarding your procedure or preparation, please call (717) 217-4312.

**WHAT TO PURCHASE (NO PRESCRIPTIONS REQUIRED):**

- ✓ Purchase one (1) bottle of Miralax 238 gram laxative powder at the pharmacy.
- ✓ Purchase two (2) — 32 ounce bottles of Gatorade. **No red or orange flavors.**
- ✓ Purchase one (1) small bottle of Milk of Magnesia Laxative

**DAY BEFORE PROCEDURE DIET:**

**Beginning on the morning of \_\_\_\_\_ your diet will consist of clear liquids only.**  
Red or Orange colored items are not permitted during your preparation. Cranberry juice is OK if it is naturally colored red. Continue your clear liquid diet until 3 hours prior to your arrival. Make sure you are drinking at least 6-8 oz of clear fluids every waking hour up to the 3 hour cut off time.

**EXAMPLES OF CLEAR LIQUIDS INCLUDE:**

- |                                      |                               |                 |
|--------------------------------------|-------------------------------|-----------------|
| ■ Coffee or Tea (no creamer)         | ■ Soda (Sprite, Coke, etc...) | ■ Fruit juices  |
| ■ Broth, bouillon or consommé        | ■ Jell-O (no fruit in it)     | ■ Crystal Light |
| ■ Athletic drinks (Gatorade, Propel) | ■ Water                       | ■ Freeze Pops   |

**DAY BEFORE PROCEDURE PREPARATION:**

- \*\*\*\*\* Begin with a clear liquid diet when you wake up in the morning.
- 4:00 PM** Take 3 tablespoons of Milk of Magnesia Laxative with 8 oz of clear liquids.
- 6:00 PM** Combine ½ bottle of Miralax with (1) 32-ounce chilled bottle of Gatorade. Mix well and begin drinking 8 ounces of the solution every 15-20 minutes until one (1) bottle is empty. Continue drinking clear liquids through out the evening.

**DAY OF PROCEDURE:**

\_\_\_\_\_ **AM** Combine the remaining ½ bottle of Miralax with the second 32-ounce chilled bottle of Gatorade. Mix well and begin drinking 8 ounces of the solution every 15-20 minutes until second bottle is empty. All of the solution must be consumed within one (1) hour and all clear liquids must end three hours prior to your scheduled procedure.

Make sure to take your medications unless otherwise instructed. If possible take the medications prior to your 3 hour cut off time. If this is not possible take medications with the smallest amount of water needed to get them down. We do not want you to stop any medications we didn't tell you to stop, such as blood pressure and/or heart medications.

**ABSOLUTELY NOTHING BY MOUTH 3 HOURS BEFORE YOUR ARRIVAL**  
**THIS INCLUDES GUM, CANDIES, AND WATER**