

Please read carefully

This page is to provide emergency prep instructions for those who are preparing for a next day or Monday procedure for which the patient has lost his instructions or did not receive them in advance. *Otherwise, please call 937-0313 to obtain your physician's specific instructions.*

DO NOT USE IF YOU HAVE: Congestive Heart Failure, Kidney Failure- End Stage Renal Disease, Liver Failure- Cirrhosis, or if you are over the age of 75. IF you are a patient that falls into one of these categories, please contact call the GI office at 252-937-0231 or after hours 252-962-8822 for the on-call physician.

Colonoscopy Preparation

MIRALAX (over-the-counter)-8.3 ounces

- 1.** *Clear liquids only* on the day *before* the procedure. (for example: coffee, tea, any cola, Ensure, Jell-O, water, juice, bouillon, clear soups, popsicles (*no red or purple* colored liquids). **NO SOLID FOOD** the day before the procedure. **DRINK PLENTY OF FLUIDS ALL DAY.**
- 2.** The day *before* the procedure, take 2 Dulcolax laxative tablets at 10:00 a.m.
- 3.** You will need 2 (32 ounce) bottles of Gatorade (*no red or purple*) and an 8.3oz bottle of Miralax. Diabetic patients may use Gatorade G2 or Crystal Light mixture. The evening before the procedure, beginning at 5:00 p.m., mix the entire 8.3oz bottle of Miralax into one bottle of Gatorade. Drink 8 ounces of this mixture every 15 minutes until it is gone. Begin the 2nd bottle of plain Gatorade 15 minutes after completing the Miralax mixture. This process should take about 2 hours.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT

- 4.** Please let the doctor know if you are diabetic or on a blood thinner (Coumadin). If you are on Insulin, we may need to change your dosage the day before the procedure. Do not take any *diabetic* medicines the morning of the procedure, or the evening before.