



3601 NE Ralph Powell Rd, Lee's Summit, MO 64064  
 5844 NW Barry Rd, Ste. 300, Kansas City, MO 64154  
**816.836.2200**

## COLONOSCOPY PREP USING MIRALAX AND GATORADE

**PATIENT NAME:** \_\_\_\_\_ **DR.** \_\_\_\_\_

You are scheduled for a Colonoscopy on: \_\_\_\_/\_\_\_\_/\_\_\_\_ at \_\_\_\_\_

You must arrive by: \_\_\_\_\_ for your scheduled procedure at: \_\_\_\_\_

**To ensure that your test is accurate and complete, you *must* follow these directions. If you have questions, please call our office at 816-836-2200. Midwest Gastroenterology Center is dedicated to providing you with quality health care. *You matter to us!***

**Purchase 4 Dulcolax LAXATIVE tablets (no prescription required – generic OK), 64 oz. of Clear, Yellow, or Green Gatorade (Gatorade G2 if you are a diabetic) and a 238 gm. bottle of Miralax (no prescription required – generic OK) at your local pharmacy. Follow the instructions below:**

### THE DAY BEFORE YOUR TEST

#### *THE DAY BEFORE YOUR EXAM YOU WILL BE ON A CLEAR LIQUID DIET ONLY:*

- |                             |   |
|-----------------------------|---|
| Water                       | White Grape Juice                       |
| Coffee <u>Without</u> Cream | Chicken Bouillon or Broth (no noodles!) |
| Tea                         | Beef Bouillon or Broth (no veggies!)    |
| Soda Pop                    | Green and/or Yellow Popsicles           |
| Apple Juice                 | Green and/or Yellow Jell-O              |

#### **AVOID ALL ITEMS WITH RED, ORANGE AND/OR PURPLE FOOD COLORING**

- In the morning (the day before your procedure) mix the 238 gram bottle of *MiraLax* into 64 oz. clear liquid you purchased. Be sure that the *MiraLax* is completely dissolved and refrigerated.

#### **IF YOUR PROCEDURE IS BEFORE 12:00 pm**

1. At **3:00 pm**, take the 2 *Dulcolax* tablets by mouth.
2. Between 5:00 and 6:00 pm begin to drink the *MiraLax* solution. Drink 8 ounces of *MiraLax* every 15 to 20 minutes for a **total of 8 doses**. (Complete within 2 hours)
3. At **8:00 pm**, take the remaining 2 *Dulcolax* tablets by mouth.

#### **IF YOUR PROCEDURE IS AFTER 12:00 pm:**

1. At **3:00 pm**, take the 2 *Dulcolax* tablets by mouth.
2. Between **5:00 and 6:00 pm** begin to drink the *MiraLax* solution. Drink 8 ounces of *MiraLax* every 15 to 20 minutes for a **total of 4 doses**. (Complete within 2 hours).
3. At **6:00 am** the morning of your procedure, drink the remaining 32 oz. of *Miralax* and take the remaining 2 *Dulcolax* tablets by mouth.

**IF YOU ARE SCHEDULED FOR A MORNING PROCEDURE AND NOT HAVING BOWEL MOVEMENTS BY 8:00 PM - - CALL OUR OFFICE AND LISTEN TO RECORDING ON ALTERNATIVES! IF YOU ARE SCHEDULED FOR AN AFTERNOON PROCEDURE AND NOT HAVING BOWEL MOVEMENTS BY THE MORNING OF THE EXAM - - CALL OUR OFFICE AT 8:00 AM.**

**SEE REVERSE SIDE**



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### DAY OF YOUR TEST

- **If your procedure is before 12:00 - Nothing to drink after midnight.**
- **If your test is scheduled late in the day (after 12:00 noon) you may have clear liquids up to 8 hours before your exam. No gum, mints or candy are allowed 8 hours before your procedure.**
- **If you take a heart, blood pressure, seizure or stomach acid medication routinely -- it is okay to take this medication early the morning of your procedure with a sip of water. Hold all other medications until after the procedure unless instructed to do otherwise.**
- **You must arrive for your exam no later than the time listed on the reverse side. Please bring your insurance card and photo I.D.**
- **If you were mailed any Patient Information Forms please complete them and bring them with you to your appointment. DO NOT MAIL THEM.**
- **SINCE YOU WILL BE SEDATED YOU MUST HAVE SOMEONE WITH YOU TO DRIVE YOU HOME.**
- **Since the sedation will cause temporary forgetfulness you should have someone with you who can review instructions with you.**

### PLEASE NOTE:

- Do not take any iron medications for 4 days prior to colonoscopy
- Please note you will receive multiple calls and it is important you listen to all carefully. You will get a call to confirm your procedure time, from a pre-op nurse, and if applicable from the pre certification department of both our office and/or the facility in which you are having the procedure. **All calls must be returned.**
- If you take blood thinners: Coumadin, Plavix, Reapro, Pradaxa or Aggrenox:
  - **You will need to contact your primary care physician or cardiologist at least 1 week prior to your procedure to obtain instructions.** These medications **MAY** need to be stopped 4 days prior if your prescribing physician instructs you to do so.
  - **IF your primary care physician or cardiologist advises you to NOT stop taking your blood thinner, you must contact our office at least 4 days prior to your scheduled procedure for additional instructions.**
- Drink plenty of clear liquids while doing the prep (at least 8 ounces every hour).
- If you are diabetic ***NO INSULIN OR ORAL MEDICATIONS THE MORNING OF THE PROCEDURE. TAKE ONLY HALF A DOSE THE DAY BEFORE YOUR PROCEDURE AND NOTHING THE MORNING OF YOUR PROCEDURE. IF YOU ARE AN INSULIN DEPENDENT DIABETIC WITH UNSTABLE BLOOD SUGARS NOTIFY YOUR PRIMARY CARE PHYSICIAN FOR INSTRUCTIONS.***

**PLEASE CALL US AT 816-836-2200 WITH ANY QUESTIONS**