



**Gastroenterology Specialists**

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**GATORADE/MIRALAX COLONOSCOPY PREP**

This procedure will be performed at Griffin Hospital, 130 Division St., Derby, CT

**PLEASE BRING A CURRENT LIST OF MEDICATIONS**

Patient Name \_\_\_\_\_

**Report to the Outpatient Registration Desk on:**

Date \_\_\_\_\_ Time \_\_\_\_\_

- You must maintain a clear liquid diet all day starting the day before the procedure.
- Non-steroidal agents (Advil-Motrin-Ibuprofen) must be stopped 1 day prior to procedure.
- You are not allowed to drive. You are not allowed to go home via taxi by yourself.
- You must be accompanied by a friend or relative to assist you home.
- You may take your regular blood pressure/ heart/ thyroid/ seizure medication with a small sip of water at least 2 hours prior to your procedure unless instructed otherwise.
- Nothing to eat or drink three (3) hours before your procedure.
- If on blood thinners (Coumadin, Plavix, etc.) stop on \_\_\_\_\_.

Please bring these instructions to the G.I. Endoscopy Suite on the day of the procedure, along with a list of all your medications.

Please be aware that cancellation of this procedure will cause a delay in rescheduling.

**If you have any questions, please do not hesitate to call our office at (203) 736-9919**

## THE DAY BEFORE THE PROCEDURE:

- **Non-steroidal agents (Advil-Motrin-Ibuprofen) must be stopped 1 day prior to procedure.** It is safe to take Tylenol (acetaminophen) as a pain reliever. Consult with a physician on all other medications.
- Remain on a clear liquid diet. Solid foods, alcohol, milk or milk products are **not** allowed. Nothing red or purple in color. **It is very important to stay hydrated!**

### CLEAR LIQUIDS YOU MAY HAVE INCLUDE:

Black coffee (no milk or cream)	Any type of soda
Tea (no milk or cream)	Snapple
Chicken/beef/veggie broth	Popsicles
Gatorade/Powerade	Italian Ice
Crystal Light	Jell-O
Water	Clear fruit juices only – no orange juice

## PRIOR TO YOUR PROCEDURE:

- Purchase one 8.3-ounce bottle of 8.3 Miralax.
- Purchase Bisacodyl tablets (laxative).
- Purchase two 32-ounce bottles of yellow or blue Gatorade.

## THE NIGHT BEFORE THE PROCEDURE:

- Mix all of the Miralax with 64-ounces of Gatorade in a large container until powder dissolves. Refrigerate to chill one hour prior to drinking.
- At \_\_\_\_\_ take four Bisacodyl tablets with an 8-ounce glass of clear liquid.
- At \_\_\_\_\_ begin drinking the Gatorade/Miralax prep until the container is half empty.
- Continue to drink clear liquids until bedtime.
- If you have severe discomfort or distention (bloating), stop drinking the solution for a while or wait longer between drinking until the discomfort goes away.
- **Stay hydrated!** It's important that you drink clear liquids before, during and after your prep.

## THE DAY OF THE PROCEDURE:

- At \_\_\_\_\_ - Repeat the steps done the evening before using the other 6-ounce bottle.
- You must finish drinking the final glass of water at least three (3) hours before your procedure. After this is done you cannot eat or drink anything until the procedure is over.
- You may take your regular blood pressure/heart/thyroid/seizure medication with a small sip of water at least 2 hours prior to your procedure unless instructed otherwise.
- You **must** be accompanied by a friend or relative to drive and/or assist you home.

## TO RESCHEDULE:

As our patient we are committed to your health, and have reserved this procedure time exclusively for you. Please give us 48-hours notice if you wish to change this appointment. If you have any questions regarding the above instructions, please do not hesitate to contact our office at (203) 736-9919.