

Prep Instructions for Colonoscopy- Miralax

Report to Goshen Surgery Center, 1605 Winsted Dr. Goshen, IN 46526

Phone: (574) 364-4730

** The Surgery Center will contact you 24 to 48 hours prior to your procedure date with your arrival time and final details**

Date of Procedure: _____

Prior to your Colonoscopy	The day before your colonoscopy	The day of your colonoscopy
<p>Colonoscopy prep instructions are extremely important for a successful colonoscopy to ensure that your doctor will be able to detect any growths, lesions, or abnormalities in the colon wall that could be cancerous. If you do not follow the instructions precisely, your bowels may not be ready for the procedure and you may need to repeat the procedure.</p>	<p>No Solid foods, dairy, or alcohol CLEAR LIQUIDS ONLY Please refer to the attached clear liquid diet sheet Drink 8 oz of clear liquid every hour while awake If you are a diabetic, take half of your normal insulin dose or use a sliding scale, as you will be consuming less food</p>	<p>No solid foods, dairy, or alcohol You may take your morning medications with sips of water, EXCEPT for diuretics (water pill) Continue clear liquids up to 2 hours prior to your arrival time.</p>
<p>Obtain laxative products from the pharmacy. No prescription required (over the counter) One 238gram (8.3oz) bottle of Miralax Four Dulcolax (bisacodyl) tablets Two 32oz bottles of Gatorade, any flavor EXCEPT RED, ORANGE, PURPLE IN COLOR</p>	<p>Mix half of the Miralax 238gram bottle with ONE 32oz Gatorade bottle in a pitcher until dissolved. Keep cold in the refrigerator. You will need to repeat this step 5 hours prior to your arrival time.</p>	<p>5 hours before your arrival time, drink the second Gatorade/Miralax mix. If you are scheduled to arrive early in the morning, you will need to get up in the night to take this dose of preparation. The correct timing of this dose is essential to an effective preparation.</p>
<p>DO NOT stop your aspirin. If you are on any anticoagulants, please let our office know. You may be asked to hold your medication once clearance is obtained. Confirm that you have a driver of your procedure. If you need to reschedule or have any questions call our office at 574-537-1625</p>	<p>4:00PM: Take 4 Dulcolax tablets with water and continue clear liquids. 6:00PM: Begin drinking the solution at a rate of 8oz every 15 minutes (over 1 hour) until the first bottle is gone. Continue clear liquids.</p>	<p>After the procedure, you may eat your usual diet unless otherwise instructed. Drink 8oz of liquid at least 6 times after the procedure and before retiring for the night.</p>