

****FOR COLONOSCOPY ONLY****



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YOU WILL NEED TO PURCHASE: Miralax, 238g bottle,

Crystal Light Drink Mix or G2 by Gatorade 64 ounces. Any other sugar free drink is acceptable such as Propel, water, or tea. (If using a drink mixes follow directions on the package to mix enough drink solution to make 64 ounces.) **NO RED, PURPLE OR GREEN DRINKS.**

COLON PREP INSTRUCTIONS:

Starting the morning of _____, start clear liquids only.

Examples of clear liquids are: water, black coffee, plain tea, broth or bouillon, apple or white grape juice, Jell-O, popsicles, 7-up, Gatorade, cola. No alcoholic beverages. **It is important you drink as much fluid as you can throughout the day.**

Please do NOT have any red, purple, or green colored clear liquids. Not allowed are limes, grape, cranberry, cherry, strawberry or raspberry soda, juices, popsicles or jellos.

MIRALAX PREP DIRECTIONS- mix the entire 238g bottle of Miralax with the 64 oz. bottle of G2 or the Crystal Light mixed to 64 oz in a pitcher. Mix the solution together until the Miralax is dissolved. Chilling the solutions helps improve the tolerance. You may divide up into 2 different flavors.

On _____ at _____, start drinking first half (32ounces) of Miralax prep solution. Drink 4- 8 oz glasses of the solution every 10-15 minutes until gone for a total of 32oz, (drinking with a straw helps). The diarrhea effect usually begins within an hour or two, but may take longer for some people. You may notice some bloating or cramping at the beginning of the prep. This will improve once the diarrhea begins. It is possible you could develop nausea with vomiting.

Continue the clear liquid diet and at _____, please drink second half (32ounces) of Miralax prep Drink 4-8 oz glasses of the solution every 10-15 minutes until the entire Miralax is gone.

You may adjust the times to take the prep according to your schedule the day prior to your test. Doses must be at least 5-6 hours apart. Continue on clear liquids until bedtime.

NOTHING ADDITIONAL to eat or drink after midnight on _____, except your defined medications as instructed with a sip of water.

Please contact our office with any questions.

Helpful hints on back →

HELPFUL HINTS FOR TAKING THIS PREP

- **YOU ARE NOT ALLOWED MILK PRODUCTS OR ORANGE JUICE FOR YOUR CLEAR LIQUID DIET.**
- **IF YOU ARE WORKING THE PM SHIFT – TAKE THE MIRALAX PREP RIGHT AWAY IN THE MORNING AND THEN DO CLEAR LIQUIDS THE REST OF THE DAY.**
- **IF YOU WORK THE NIGHT SHIFT – THIS IS THE ONLY SHIFT WE RECOMMEND THAT YOU EITHER SWITCH SHIFTS OR TAKE THE NIGHT OFF.**
- **PLEASE REMEMBER TO HAVE SOME TYPE OF NUTRIENTS SUCH AS BROTH, BOULLION, JELLO, OR SODA, RATHER THAN JUST COFFEE OR WATER WHEN DOING YOUR DIET THE DAY BEFORE THIS PROCEDURE.**
- **WE SUGGEST YOU MAY WANT TO HAVE SOME TYPE OF LUBRICANT AVAILABLE IF YOU EXPERIENCE RECTAL DISCOMFORT FROM TAKING THE PREP. (EXAMPLE: PETROLEUM JELLY, ETC)**
- **WE DO WANT TO REMIND OUR PATIENTS THAT YOU WILL NEED TO STAY CLOSE TO THE BATHROOM ONCE YOU BEGIN TAKING THE MIRALAX PREP**

SURGERY CENTER NOTES

Our goal is to provide care to you that exceeds your expectations. Every effort is made to ensure that the care you receive is world-class.

Please note that you are being asked to come to the surgery center earlier than your procedure time so that the nurse has time to assess your medical history and prepare you for the procedure. If the schedule is running ahead of time that day, you may be able to have your procedure done earlier than planned. However, sometimes medical emergencies occur that can delay the schedule.

Once you are in the actual procedure room, you can expect to stay there for approximately 20-30 minutes if you are having an upper endoscopy, or 30-45 minutes if you are having a colonoscopy.

After the procedure, the doctor will meet with you and/or your significant other to let you know the results of your procedure. It is important that someone is available to talk with the physician after the procedure.

You will be taken by cart to “first stage recovery” after the procedure. Here your vital signs will be monitored for about 30 minutes. You will also get dressed at the end of stage one of your recovery. Next, you will walk down the hall to “stage two recovery”. You will sit in a recliner and you will be given a snack. Your family will be allowed to join you here. The nurse will review your discharge instructions before you go home. If the doctor has not talked with you or your family yet, he will do so at this time. After this, you will be discharged.

It is important to remember that you will be receiving “moderate sedation” during your procedure. This medication is used to keep you comfortable during and after your procedure. It also produces an amnesic effect that may last for up to 12 hours. You may not be able to remember details of the procedure or whether the doctor spoke with you or your family. You will not be able to work, drive, or operate machinery the day of your procedure once it is completed.