

Palmetto Gastroenterology & Hepatology, PA,

Afsar Waraich, MD

Aiken Office 803-226-9786

**MIRALAX/GATORADE SPLIT DOSE
PREPARATION FOR COLONOSCOPY**

Please read these instructions carefully and call the office if you have any questions.

PURCHASE AT THE PHARMACY:

- 6 Dulcolax (bisacodyl) tablets
- 238 gram (8.3oz) bottle of Miralax (non prescription)
- 64 ounces of Gatorade, any flavor except red ones **May use water or PowerAde if diabetic
- One Fleets enema

FIVE DAYS PRIOR TO YOUR PROCEDURE:

- Stop taking _____
- Stop all fiber supplements including Metamucil, Citrucel, Benefiber, FiberChoice and flax seeds.
- If you are diabetic and use insulin, please contact our office for insulin instructions. If you have a history of heart valve problems or valve surgery or need antibiotics before surgery, please notify us.
- If you are currently taking blood pressure medicine, please take as scheduled.
- Asthmatic patients please bring your inhalers with you to your procedure.
- PLEASE call our office if you have any questions about which medications you should or should not take.

ONE DAY PRIOR TO YOUR PROCEDURE:

- You may have a light breakfast by 7:00am.

7:00am Start a clear liquid diet – You may have apple juice, grape juice, strained lemonade, tea, coffee (NO milk or creamer), soft drinks, sports drinks (Gatorade or PowerAde), clear broth, bouillon, Jello, Popsicles.

- Avoid red drinks, red Jello and dairy products.
- Consume large amounts of fluids to avoid hunger and dehydration.

9:00am Take two (2) Dulcolax tablets - you may experience cramps and stools should start.

1:00pm Take another two (2) Dulcolax tablets - you may experience cramps and stools should start

3:00pm Mix the full 8.3 ounce bottle of Miralax with 64 ounces of Gatorade, water or PowerAde. Shake until completely dissolved. Drink the first HALF (32oz.) starting at 3:00pm. You will drink FOUR 8 ounce glasses of mixture. Take one 8oz glass every 10-15 minutes until you've finished the first half. This will induce stools.

- 8:00pm Take two (2) Dulcolax tablets - you may experience cramps and stools should start.
- 8:00pm Drink the second half of Miralax mixture. Drink 8 ounces every 15 minutes. You must finish the second half within 2 hours of starting, so that your stomach is empty for your exam.
- 10:00pm Use a Fleets Enema.

THE DAY OF YOUR PROCEDURE:

DO NOT take anything by mouth 6 hours prior to your procedure except medications (see below). **DO NOT CHEW GUM, USE MINTS, CANDY, OR TOBACCO PRODUCTS. **NO SMOKING****

- Take your usual prescribed medication with small sips of water. If you are on anti-inflammatory medications or blood thinners please see instructions on the other side of this paper.
- Please bring a list of your current medications and correct dosage to your appointment.
- Wear loose fitting clothes that are easily removed; wear no jewelry.

**** NO DRIVING ****

you cannot drive, use a taxi or a bus after the procedure. You must have someone present to drive you home after the procedure or we may cancel your procedure. Your driver **MUST** remain here at the facility for the duration of the procedure. Be prepared to spend approximately 3 hours at the Endoscopy Center.

YOUR PROCEDURE IS SCHEDULED FOR _____ AT _____.

Please arrive at The Center for Colon and Digestive Diseases at 103 Gregg Avenue, Suite 100 Aiken, SC by _____, 20 minutes prior.

The office will call you as much as one week prior to the procedure. We will attempt up to three times to contact you. You MUST complete a procedure prep and confirmation phone call within 48 hours prior to your procedure date or your procedure could be cancelled. If your deposit of \$100 was eligible to be refunded and you do not attend the procedure, it will no longer be refundable. The \$100 deposit is refundable only if and when your insurance pays at 100%. If you have a co-payment, co-insurance or a balance, the \$100 deposit will be applied to that.

Please ensure you schedule your procedure on a day that suits both you and your driver. If you do not show up to your procedure, there will be a \$100.00 no show fee.

You can visit us at www.AikenGastro.com for more information.