

CENTER FOR DIGESTIVE CARE, INC

INSTRUCTIONS FOR AFTERNOON COLON MIRALAX PREP

YOU ARE SCHEDULED TO GO TO: \_\_\_\_\_

ON \_\_\_\_\_ AT: \_\_\_\_\_ A.M. \_\_\_\_\_ P.M.

PROCEDURE WILL START AT APPROX: \_\_\_\_\_ A.M. \_\_\_\_\_ P.M.

- ❖ **Inform your Doctor if you have had a heart valve replacement, blood thinning medication or insulin for control of diabetes.**
- ❖ **You MUST have someone drive you home from the procedure.**

You will be given sedation for this procedure. DO NOT drive a car, drink alcohol, make any legal decisions or go to work for 12 hours after-wards.

All follow up appointments will be scheduled for 1-3 months after the procedure. If the Doctor needs to reevaluate you sooner, the Nurse or Medical Assistant will inform the patient.

**LIST OF CLEAR LIQUIDS**

Apple Juice, White Grape Juice, Lemonade, Water, clear broth or bouillon, Coffee or Tea. Powerade, 7-UP, Gingerale, Sprite, Kool Aid, Plain Jell-O (no fruit or topping) and popsicles. Do not drink anything with the color "RED", "GREEN" or milk products and powdered creamers.

**PREPARATION INSTRUCTIONS**

- ❖ If you are taking Coumadin, Plavix, Persantine, Motrin, Ibuprofen, Aleve, Aspirin, or Anti-inflammatory. **If you're not sure if your medications contain aspirin please call our office.**
- ❖ Tylenol is OK to take.
- ❖ Also, any vitamins with iron please discuss with your doctor or nursing staff.
- ❖ Please take all other medications through out the preparation, unless instructed by the Doctor or Nurse.
- ❖ Please stop the above listed medications on \_\_\_\_\_.
- ❖ Please stop Coumadin on \_\_\_\_\_.
- ❖ Please stop Plavix on \_\_\_\_\_.

PLEASE SEE BACK PAGE

## What you need to obtain from the pharmacy:



Miralax 8.3oz bottle



Dulcolax Stool Softeners

TWO DAYS (2) BEFORE PROCEDURE / DATE: \_\_\_\_\_.

- ⇒ Keep foods light and start drinking extra liquids
- ⇒ Take **two (2)** Dulcolax tablets before bed.

ONE DAY BEFORE EXAM / DATE: \_\_\_\_\_.

- ⇒ Drink only clear liquids this day. **NO** milk or dairy products, this includes non-dairy creamer or dairy creamer, are allowed on this date. (See front page for list of clear liquids)
- ⇒ At **3:00pm** take two (2) Dulcolax tablets.
- ⇒ At **5:00pm** Mix the entire bottle of Miralax with 64oz of Gatorade or clear liquid of choice. (Nothing red or green)
- ⇒ Divide the 64oz of Miralax in half. Place the remainder in the refrigerator.
- ⇒ Drink 8oz every 30 minutes until you have finished the entire 32oz of liquid.
- ⇒ **Please drink plenty of fluids between the Miralax glasses.**
- ⇒ At \_\_\_\_\_ a.m. Drink the other 32oz of Miralax. **Continue with clear liquid diet.**

❖ **NOTHING BY MOUTH FOR 3 HOURS PRIOR TO YOUR PROCEDURE.**

### DIABETIC INSTRUCTIONS

DAY PRIOR TO PROCEDURE: Check your blood sugar prior to taking any insulin.

- ❖ If it is greater than or equal to 180mg/dl take ½ your normal dose.
- ❖ If it is less than 180mg/dl then HOLD insulin.
- ❖ If you take pills for diabetes, DO NOT take them the day prior or the morning of your procedure.

**Any questions please call:  
St. Pete Office 345-5500  
Clearwater Office 447-3100**

### **ATTENTION:**

- **PROCEDURE AND BIOPSY REPORTS ARE NOT AVAILABLE TO THE DOCTOR OR HIS STAFF FOR A MINIMUM OF 10 BUSINESS DAYS.**
- **PLEASE CONTACT YOUR INSURANCE COMPANY TO SEE IF AND WHAT YOUR OUTPATIENT SURGERY COPAYMENT WILL BE.**