



2112 Harrisburg Pike, Suite 202, Lancaster, PA 17604-3200

Miralax/Gatorade Colonoscopy Preparation 2-Day Prep

Patient: _____ DOB: _____

Procedure Date & Arrival Time: _____ Physician: _____

Place:

MidAtlantic Endoscopy Center – Lancaster (2104) / Lancaster General Hospital / Heart of Lancaster
MidAtlantic Endoscopy Center – Oregon Pike / Lancaster Regional Medical Center / Ephrata Hospital
Lancaster Gastroenterology Procedure Center (2112)

General Instructions:

Unless otherwise instructed, continue all your routine medications **INCLUDING ASPIRIN AND PLAVIX**

FIVE (5) DAYS PRIOR TO YOUR PROCEDURE: STOP COUMADIN, Ticlid, Aggrenox and ADVIL, MOTRIN, ALEVE, IBUPROFEN, MULTI-VITAMINS, VITAMIN E, FISH OIL, FLAXSEED & IRON. Take only Tylenol as needed for pain.

Special medication instructions: _____

Diabetic Patient's ~ It is your responsibility to contact your PCP for directions pertaining to your diabetic medications.

- Purchase:** *64oz & a 32 oz bottle of Gatorade, Propel, Crystal Light, water or any clear liquid (**any color but red or purple**)
 *Miralax 238 gram & a 119 gram bottle.....purchase over the counter, no prescription needed.
 *Six (6) 5mg Dulcolax laxative tablets

IT IS IMPORTANT TO DRINK PLENTY OF LIQUIDS ALL DAY TO PREVENT DEHYDRATION

_____ **Day 1:** Clear liquid diet the entire day. No solid foods. You may have: tea, coffee, Jello, juices without pulp, bouillon, Italian ice, slushies, and soda. **No red or purple colored Jello and No red or purple colored liquids, No fruit pieces in the Jello, No cream or milk products.**

Mix Miralax 119 gram with 32 oz clear liquid

*At 2pm, take 2 Dulcolax laxative tablets.

*Between 4-6 pm, drink 1-8oz glass of Miralax mixture every ½ hour until finished. Continue on clear liquids the rest of the evening.

_____ **Day Before Your Colonoscopy:** You must be on a clear liquid diet the entire day. **No solid foods.** You may have: tea, coffee, Jello, juices without pulp, bouillon, Italian ice, slushies, and soda. **No red or purple colored Jello or red or purple colored liquids, No fruit pieces in the Jello, No cream or milk products.**

*Anytime on the day of your prep, mix the entire bottle of Miralax (238 gram) in the 64oz of clear liquid (**any color but red or purple**). Shake well until the powder is completely dissolved and refrigerate.

*At 2:00 PM, take the 4 Dulcolax laxative tablets with water.

*Around 4:00 PM, begin drink the Miralax/Gatorade mixture, drink 1-8 oz glass every ½ hour over 4 hours.

Continue to drink clear liquids until midnight then nothing to eat or drink after midnight.

Day of Your Colonoscopy:

You may not have any hard candy or chewing gum the morning of your colonoscopy as this will delay your procedure. All medications should be taken (unless otherwise stated on these instructions) with sip of water at least 2 hours prior to exam.

Someone must drive you home after the procedure due to the sedation you will receive. You may not drive until the following day. Public transportation is allowed, but only under the supervision of a responsible party. A responsible person should be with you during and after procedure. Please do not drop off and leave patient there alone.

If you have any questions regarding this prep, please call Regional Gi, Inc. at 717-869-4600.

Patient Signature: _____ Date: _____

Witness Signature: _____ Date: _____