

Patient Instructions for Colonoscopy Prep: Dulcolax-MiraLAX



IMPORTANT INFORMATION:



You **MUST** have a driver.
You **MUST** have someone stay with you for 24 hours.

***If you do not have both of these, your procedure(s) will be cancelled**

5 DAYS BEFORE YOUR PROCEDURE:



A nurse will call you to obtain your medical history and go over these instructions with you.

If you have not received a call by 12pm, 5 days prior, please call Reid Outpatient Endoscopy & Surgery Center at (765) 935-8731.

ITEMS YOU WILL NEED TO PURCHASE:



12 Dulcolax Tablets



1 - 238g Bottle of MiraLAX



2 - 32oz. Bottles of Gatorade or an electrolyte drink of your choice

1 DAY BEFORE YOUR PROCEDURE:

Breakfast:

- Only clear liquids

Lunch:

- Only clear liquids

12:00 PM (Noon):

- Take 6 Dulcolax tablets with clear liquid

3:00 PM:

- Take 6 Dulcolax tablets with clear liquid

Dinner:

- Only clear liquids

7:00 PM:

- Mix 7 caps full of MiraLAX with a 32oz bottle of Gatorade or the electrolyte drink of your choice.
- Drink the solution at a rate of 8oz every 15-20 minutes (over 1-2 hours) until it is gone.

10:00 PM:

- Mix 7 caps full of MiraLAX with a 32oz bottle of Gatorade or the electrolyte drink of your choice.
- Drink the solution at a rate of 8oz every 15-20 minutes (over 1-2 hours) until it is gone.

11:59 PM:

- Nothing by mouth. This includes any liquid

Disclosure: Driving a car, operating any machinery or power tool is prohibited for 24 hours after your procedure(s)

THE MORNING OF YOUR PROCEDURE:

 **DO** take medications (with a sip of water) for the following:

- Seizure Disorders
- Cardiac Arrhythmias
- Psychiatric Disorders

 **DO NOT** eat any food or drink any liquids the morning of your procedure.

DAY OF PROCEDURE:

Arrive at the surgery center **1 hour prior** to your scheduled procedure time, unless advised otherwise.

Bring a list of **all medications** you are taking along with the dosage/quantity.

Please have your driver **stay** in the Outpatient Surgery waiting room.

Your procedure may be cancelled/rescheduled if the following are applicable:

- You consume any solid foods within 1 day of your procedure
- The prep is completed incorrectly.
- You arrive late to your appointment

If you cannot keep your scheduled appointment, please call the office at (765) 935-8923 or the surgery center at (765) 935-8731.

CLEAR LIQUIDS: WHAT YOU **CAN** HAVE



Gatorade or Powerade

- No red, purple, or blue

Water

Clear Broth or Bouillon

- No noodles, meat, vegetables, etc.

Popsicles

- No red, blue, purple, or fruit pieces.

Black Coffee or Tea

- No sugar, milk, creamer, etc.

Soft Drinks

- No red, blue, or purple

Jell-O

- No red, blue, purple, or fruit pieces

Flavored Water

- No red, blue, or purple

Fruit Juices

- No red, blue, purple, or pulp

Italian Ice

- No red, blue, or purple

WHAT YOU **CANNOT** HAVE



NO Alcohol

NO Sherbert or Ice Cream

NO Solid Foods

NO Tomato or Cream Soups

NO Milk or Milk Products

NO Red, blue, or purple dyes