



# Colonoscopy Preparation Extra Prep Using Miralax and Gatorade

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

## SHOPPING LIST

1. **Four (4) Dulcolax Laxative Tablets (Bisacodyl) – 5 mg**
2. **(2) 8.3 oz. Miralax bottles (Polyethylene glycol)**
3. **(4) 32 oz. Gatorade (NO RED OR PURPLE)**



## STARTING 5 DAYS BEFORE YOUR COLONOSCOPY:

- NO **SEEDY** FOODS – Nuts, Popcorn, Seeds (flax, sunflower, and quinoa), multigrain bread, fresh and dried fruit, seedy vegetables (like tomatoes, cucumbers, squash, peppers)
- NO medicines that stop diarrhea – no **iron** or **fiber** supplements
- Blood thinners like *Plavix®*, *Brilinta®*, *Effient®*, Warfarin, *Pradaxa®*, *Eliquis®*, *Xarelto®*, may have to be stopped. **Are you on a blood thinner?** YES \_\_\_\_\_ NO \_\_\_\_\_

**TWO DAYS BEFORE YOUR COLONOSCOPY on \_\_\_\_\_, take 2 Dulcolax tablet and add ½ bottle of miralax in with (1) 32 oz. Gatorade.**

## DAY BEFORE COLONOSCOPY - CLEAR LIQUID DIET ALL DAY:

Please **NOTHING** red, purple, or with pulp

**Drinks** – Gatorade, Powerade, Sports drinks are encouraged for their electrolytes  
Black coffee or tea, plain with **NO cream or milk**. Any flavor soda or soft drink  
Any flavor clear juice such as white grape juice or apple juice  
Boost, Ensure, Glucerna (not plus or high fiber): Up to 2, NONE on procedure day

**Desserts** – Gelatin, Jell-O, Slurpee, and popsicles. NO red or purple, NO sherbets, NO smoothies

**Soups** – Clear broth which can be canned, home-made, or bouillon

Diabetic medications **will** need to be adjusted per diabetic protocol.

Please take all prescribed medication including heart and BP medications.

## TAKING THE PREP DAY BEFORE - 1<sup>ST</sup> DOSE ON:

- First thing:** Mix 1 ½ bottles of Miralax and (3) 32 oz. Gatorade or water, into a pitcher and leave in the refrigerator.
- At 12:00 NOON:** Take 2 Dulcolax Tablets.
- At 2:00 PM:** Drink 1/3 of the Miralax+Gatorade/water mix.
- 5 hours before bedtime:** Drink the second 1/3 of your Miralax+Gatorade/water within an hour.

## TAKING THE PREP DAY OF – 2<sup>nd</sup> DOSE (5 hours before your procedure):

- Drink the final 1/3 of the Miralax+Gatorade/water mixture within 30 minutes while staying active as possible. **NOTHING BY MOUTH FOR 3 HOURS PRIOR TO PROCEDURE**



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**Date and Time of Your Procedure**

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**Arrival Time to Procedure Location**

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## Location of Procedure:

- |  |   |
|--|---|
| <input type="checkbox"/> <b>Sentara Obici Outpatient Surgery Center</b><br>2800 Godwin Blvd, Suffolk, VA 23434<br>Second floor of main hospital building | <input type="checkbox"/> <b>BelleHarbour Medical Building</b><br>3910 Bridge Rd Suite 101, Suffolk, VA 23435<br>First floor. side entrance facing Bridge Rd |
|--|---|

## Important Transportation Note

Patients CANNOT drive a vehicle for the remainder of the day after having a colonoscopy. Please be sure to bring a responsible adult with you to drive you home after the procedure. Someone must stay with you overnight after the procedure.

## Procedure Cancellation and No-Show Policy

Our office must be notified of all procedure cancellations at least two business days prior to the procedure. Appointments cancelled within 48 business hours of the procedure time or a missed appointment will be subject to a **\$100 no-show fee**. To cancel a procedure, please call our office.

You must confirm your procedure a week prior. If we do not have a confirmation, your procedure may be cancelled.

## Billing Notice

If polyps are removed or biopsies are taken during a **screening** colonoscopy, the colonoscopy becomes **diagnostic** per most health insurance companies. Your copay for a preventive exam is affected by this insurance company policy, as you would have a higher copay.

By signing below, I acknowledge that I have read and understood the information provided on this form. I understand that I am responsible for adhering to the preparation and all policies listed above, which were reviewed with me by \_\_\_\_\_.

PATIENT NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

PATIENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_