



Colonoscopy Preparation Extra Prep Using Miralax and Gatorade

Name: _____ DOB: _____

SHOPPING LIST

1. Four (4) Dulcolax Laxative Tablets (Bisacodyl) – 5 mg
2. 8.3 oz. (238 grams) Miralax (Polyethylene glycol)
3. Two (2) 10 oz. Magnesium Citrate
4. 64 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 1 bottle of magnesium citrate at 6pm.

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 - 1ST DOSE ON:

- First thing:** Mix 8.3 oz Miralax into 64 oz of Gatorade or water and leave in the refrigerator
- At 12:00 NOON:** Take 2 Dulcolax Tablets.
- At 2:00 PM:** Drink 10 oz Magnesium Citrate
- 5 hours before bedtime:** Drink 1/2 of your Miralax+Gatorade/water within an hour.

TAKING THE PREP DAY OF - 2ND DOSE (5 hours before your procedure):

- Drink the second 1/2 of the Miralax+Gatorade/water mixture within 30 minutes while staying active as possible.

NOTHING BY MOUTH STARTING THREE HOURS PRIOR TO PROCEDURE



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Date and Time of Your Procedure

Arrival Time to Procedure Location

Location of Procedure:

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