

THE ENDOSCOPY CENTER
7402 York Road, Suite 101
Towson, Maryland 21204
410-494-1846

THE ENDOSCOPY CENTER AT BEL AIR,LLC
620 W. MacPhail Road, Suite 104
Bel Air, Maryland 21014

COLONOSCOPY instructions with Miralax

Your colonoscopy is scheduled on _____, _____

LOCATION:

- The Endoscopy Center – York Road
- The Endoscopy Center – at Bel Air
- Franklin Square Outpatient
- St. Joseph’s DDC
- Good Samaritan DDC

Arrival Time: _____ am/pm Procedure Time: _____ am/pm

PLEASE arrive at your scheduled ARRIVAL TIME or your procedure may be postponed or cancelled.

PURCHASE NOW:

Four (4) Dulcolax tablets, 255 gram bottle of Miralax Powder, and 64 oz of Gatorade(YELLOW OR GREEN ONLY). You may substitute the Gatorade with 64 oz. of Apple Juice OR 64 oz. of Water.

In preparation for your procedure, we ask that you observe the following instructions:
IF YOU ARE TAKING COUMADIN OR OTHER ANTI-COAGULANTS, ASK YOUR DOCTOR IF YOU NEED TO STOP PRIOR TO THE PROCEDURE.

THREE DAYS BEFORE:

Avoid any foods with corn or seeds until after the colonoscopy.

TWO DAYS BEFORE:

It is recommended that you drink at least 8 (8oz) glasses of fluids during the two (2) days before your procedure.

THE DAY BEFORE:

DRINK ONLY clear liquids for the entire day before the procedure.

NO SOLID FOODS* NO MILK OR MILK PRODUCTS* NO RED OR PURPLE DYES*

Clear liquids include:

- Water
- Strained fruit juices without pulp (apple, white grape, lemonade)
- Coffee or tea (NO MILK)
- Clear broth or bouillon (No fats)
- Carbonated and non-carbonated soft drinks (7-UP, Sprite, Ginger Ale, Coke, Gatorade) (NO RED OR PURPLE)
- Kool-Aid or fruit flavored drinks (NO RED OR PURPLE)
- Plain Jello (NO RED OR PURPLE & no added fruits or toppings)
- Ice Popsicles (NO RED OR PURPLE)

AT 3:00 PM take **four (4) Dulcolax tablets**

AT 5:00 PM mix the 255 gram bottle of **Miralax Powder** in 64 oz of **Gatorade OR Apple Juice OR Water**. Shake solution until the Miralax is dissolved. Drink an 8 oz glass every 10-15 minutes until the solution is gone.

Continue drinking clear fluids until bedtime.

SEE OTHER SIDE

TAKE YOUR REGULAR MEDICATIONS

THE DAY OF THE PROCEDURE

Do not eat or drink anything that day.

If you take medication (i.e. heart, blood pressure, seizure medication), you may have it on the morning of the procedure with a small amount of water.

(Call the office if you have questions about these medication instructions).

NOTE: Individual responses to laxative vary. This prep may cause multiple bowel movements. It often works within 30 minutes or it may take as long as five (5) hours. Please remain within easy reach of toilet facilities.

-Wear loose clothing.

-You may drink up to 8 oz. Of water, 7-UP, Sprite, Ginger Ale or White Grape Juice two (2) hours prior to your procedure.

-Do not take diuretics (fluid pills), insulin or other diabetic agents! **Diabetics: bring your medication with you.**

-You must have someone with you or scheduled to pick you up after the procedure is over. If not, your procedure will be cancelled. This is for your safety!

You cannot drive a car, operate machinery, drink alcohol, or make any legal decisions for the entire day of your procedure.

REMEMBER:

- **TAKE HEART, BLOOD PRESSURE AND SEIZURE MEDICATIONS AS DIRECTED ABOVE.**
- **FOLLOW DIRECTIONS CAREFULLY.**
- **ARRIVE PROMPTLY AT SCHEDULED ARRIVAL TIME.**
- **SOMEONE MUST DRIVE YOU HOME.**
- **BRING YOUR MEDICATIONS OR A LIST OF MEDICATIONS AND DOSAGES WITH YOU TO RECORD IN YOUR CHART.**

If you encounter any problems with these instructions or have any questions regarding the procedure, please do not hesitate to call. We are always happy to answer any questions for you.

If you are having difficulty with the prep: *Vomiting

*Prep is not clearing the bowel, OR.....

If you have questions or need to cancel your appointment, please call ASAP.

Your return appointment is on _____ at _____am/pm at the

- TOWSON office
- SEVEN SQUARE office
- BEL AIR office
- No follow-up appt is scheduled
- Schedule follow-up with your physician

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