

Colon and Digestive Health Specialist, LLC

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Miralax (Diabetics) Colonoscopy Prep Instructions

Name: _____

Procedure: Colonoscopy

Appointment Date: _____

Time: Hospital will call you

Please report to Piedmont Rockdale Hospital for your procedure.

You will need a ride TO and FROM Piedmont Rockdale. Driver must be 18 years of age or older, and must be able to stay the entire duration of the procedure. You will need to purchase:

- 1 bottle of Gatorade 64oz (No red or purple)
- 510 gram bottles of Miralax
- 4 tablets of Bisacodyl (5mg each)- Brand name: Dulcolax

Two days BEFORE the procedure at 2PM start Clear Liquid Diet:

- No SOLID foods, drink ONLY clear liquids only for all of your meals.
- Clear liquids allowed are water, bouillon, chicken broth, black coffee, Gatorade, Jell-O, Kool Aid, strained (pulp-free) fruit juices (NO SMOOTHIES) and clear carbonated drinks.
- For list above: No red or purple dye and no dairy products
- Please follow a **sugar-free** clear liquid diet

At 3:00 PM the day before the procedure, take 2 dulcolax 5mg tablets and mix 510 gram bottle of Miralax with 64oz Gatorade. Drink an 8oz glass of the mixture every 10 to 15 minutes until half of the mixture is finished. Save the other half for later.

****DO NOT DRINK OR EAT ANYTHING OTHER THAN PREP SOLUTION AFTER MIDNIGHT****

On the MORNING OF the procedure:

At 1:00am, take 2 Dulcolax 5mg tablets and then drink the remaining Gatorade and Miralax mix. You must complete this by 2am.

Medication Restrictions:

- No blood thinners like Coumadin, Warfarin, Aspirin or Ibuprofen for 3 days prior to procedure, unless told to continue.
- No Phentermine for 2 weeks prior to procedure.
- Please continue to take any Beta Blockers & blood pressure medicines with small sip of water 2 hours prior to procedure time.
- Diabetics: Take ½ of usual dose of insulin day before procedure and NONE on the morning of procedure. Do not take any oral diabetic medication the day before appointment or the morning of. Check sugar every 6 hours-if less than 75 drink a glass of apple juice, if more than 250 please call our office.

**** If there is any nausea, vomiting, shortness of breath, chest pain, severe headache, or excessive sweating please stop taking the prep and call the office. ****