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Gastroenterology • Hepatology • Gastrointestinal Endoscopy

Colonoscopy with Miralex for Patients Scheduled in the Afternoon

YOU MUST HAVE SOMEONE DRIVE YOU HOME FROM THIS PROCEDURE DUE TO THE EFFECTS OF ANESTHESIA

NJ State Law will consider you intoxicated if you drive following anesthesia.

****Absolutely NO exceptions will be made. If you plan to drive home, you will not be receiving anesthesia****

ONE DAY BEFORE THE PROCEDURE:

You can have a light breakfast no later than 10 a.m. and then have a clear liquid diet throughout the day. Avoid ALL liquids that are RED in color. Avoid ALL dairy products and juices with pulp, such as orange and grapefruit juice after 10 a.m.

Clear liquids include:

Soups: Clear broth, such as chicken, vegetable and beef or consommé.

Juices: White cranberry, white grape, apple, strained limeade and lemonade, orange- (ALL NO PULP)

Beverages: Tea, coffee, sugar, Kool-Aid, diet and regular soda (any flavor), Vitamin Water, Gatorade, sports drinks, and regular water, NOT RED in color. Remember no cream or milk in tea and coffee.

Desserts: Water ices, Italian ices, Popsicles, Jell-O any flavor -

NOTHING RED IN COLOR IT IS IMPORTANT YOU DRINK AS MUCH FLUID

AS YOU CAN THROUGHOUT THE DAY!

PURCHASE AT THE PHARMACY OR GROCERY STORE:

MIRALAX POWDER 238 GRAMS AND DULCOLAX LAXATIVE TABLETS (2 ONLY).

BE CAREFUL - DUCOLAX MAKES A LAXATIVE AND A STOOL SOFENTER. YOU MUST BUY

THE LAXATIVE!! AT 5:00 P.M. THE DAY BEFORE YOUR PROCEDURE, TAKE 2 DUCOLAX

TABLETS WITH A GLASS OF WATER.

AT 8:00 P.M. THE DAY BEFORE YOUR PROCEDURE, MIX ½ OF THE 238 GRAM BOTTLE OF MIRALAX WITH 1 LITER (34OZ.) OF A CLEAR LIQUID OF YOUR CHOICE (e.g. APPLE JUICE or CLEAR GATEROADE) AND DRINK THE SOLUTION UNTIL IT IS FINISHED.

DAY OF PROCEDURE: (please refer to the split dose prep section on page 2)

AT _____ A.M., MIX THE REMAINDER OF MIRALAX WITH 1 LITER (34OZ.) OF A CLEAR LIQUID OF YOUR CHOICE AND DRINK THE SOLUTION UNTIL IT IS FINISHED BY _____.

*IT USUALLY TAKES ABOUT AN HOUR TO BEGIN TO HAVE A BOWEL MOVEMENT. YOU MAY NOTICE SOME BLOATING OR CRAMPING AT THE BEGINNING OF THIS PREP, WHICH USUALLY, GRADUALLY IMPROVES ONCE THE BOWEL MOVEMENTS BEGIN.

YOU MAY CONTINUE TO DRINK CLEAR LIQUIDS UP UNTIL 4 HOURS PRIOR TO PROCEDURE TIME.

THEN, DO NOT EAT OR DRINK ANYTHING, NOT EVEN WATER!!!

If you are taking blood thinning medications, such as aspirin, Coumadin, Plavix, Lovenox, Effient, Pradaxa, Arixtra, Brilinta, Aggrenox, Eliquis, or any anti-inflammatory drugs, such as Celebrex, Aleve, or Motrin, they may have to be discontinued up to 7 days prior to your procedure. Consult your prescribing physician about those and medication for diabetes. Do not stop any medications without consulting your prescribing physician. Please discontinue vitamin E and any iron supplements you may be taking 7 days prior to your procedure. You CAN take your blood pressure and/or anti-seizure medications with a sip of water on the morning of your procedure. Please inform us if you have a defibrillator with the company/brand name.

You may have a low fiber breakfast on the day prior to your procedure. (No later than 10a.m.)

Low fiber diet includes:

- White bread
- without nuts
- and seedswwhite
- crackers
- Pancakes/waffles made from white flour
- Butter, margarine, oil, and
- dressings without seedsegs
- Fruit juice with no pulp

Avoid:

- Whole wheat and whole grain breads, cereals, and pastas
- Brown and wild rice; whole grain oats, kasha, barley, and quinoa

Prune juice and dried fruits
Raw fruits and vegetables
Dried beans, peas, and lentils
Seeds and nuts
Coconut
Popcorn

SPLIT DOSE PREP INSTRUCTIONS FOR AFTERNOON PROCEDURES:

If your procedure is scheduled for:	Second dose of Miralax that is taken the day of procedure (a) is started <u>at</u> :	Must finish the prep by (b): latest you can have anything to eat or drink including water:
1 P. M.	8 A. M.	9 A. M.
1:30 P. M.	8:30 A. M.	9:30 A. M.
2 P. M.	9 A. M.	10 A. M.
2:30 P. M.	9:30 A. M.	10:30 A. M.
3 P. M.	10 A. M.	11 A. M.
3:30 P. M.	10:30 A. M.	11:30 A. M.

4 HOURS PRIOR TO PROCEDURE: DO NOT EAT OR DRINK ANYTHING, NOT EVEN WATER!!!