

**Michiana Gastroenterology Inc.**

Telephone: (574) 234-0049

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www.michianagastro.com

**Colonoscopy Instructions with Miralax Prep**

**\*\*Please be aware, there will be 2 separate charges for this procedure. One for the Facility and one for the Doctor\*\***

## Getting Ready for your Colonoscopy

### Please read today!

Patient: \_\_\_\_\_

Dr. \_\_\_\_\_

Test Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Arrival Time: \_\_\_\_\_ am/pm

Procedure Time: \_\_\_\_\_ am/pm

\_\_\_\_ Michiana Endoscopy Center  
53830 Generations Drive\_\_\_\_ St. Joseph's Medical Center  
Main Entrance Registration\_\_\_\_ Memorial Hospital  
Patient Registration – Main Entrance

If you need to cancel or reschedule your test please call the office at 574-234-0049.

**Do this 7 days before your procedure:**

- Stop iron medication and iron supplements.

**Do these things 4 days before your test:**

- Arrange to have someone drive you home. You will receive medicine to keep you relaxed during your procedure, so you cannot drive home or take a cab home alone.
- Stop taking aspirin. It is okay to take Tylenol (Acetaminophen).
- If you take Coumadin, check with the doctor who ordered it to see if you can stop taking it for the 4 days before the test.
- If you take insulin call the doctor who ordered it for any adjustments you need to make the day of prep and the test day. We do not want your blood sugar to be too low.

**Do these things 1 day before your test (Prep Day):**

- DO NOT EAT ANY SOLID FOOD TODAY**
- You may only have clear liquids all day and night. **NO RED OR PURPLE.** Clear liquids are: tea or coffee (no milk), broth, apple juice, white cranberry juice, 7 up, ginger ale and water. You may also have Gatorade, popsicles and Jell-O, just remember no red or purple.
- Do not drink alcohol.
- Start drinking your prep according to your doctor's instructions, which are located on the back of this page.
  - Note: Some people say taking sips of broth or sucking on a lime in between glasses of prep help to clear the taste.
  - If you feel too full, drink the prep every 30 minutes.
- Keep drinking clear liquids for the rest of the day. This will help the prep work better for you.
- The prep you are drinking will make you go to the bathroom many times. This is needed so your colon will be cleaned out for the procedure.
- You may use Vaseline, any diaper rash cream or baby wipes, etc...on your bottom. This will help it not get so sore.

**Do these things on the day of your test: DO NOT EAT ANY SOLID FOOD**

- You may continue drinking clear liquids, but stop drinking 2 hours before your test.
- Take your usual morning pills except for Coumadin and Aspirin.
- DO NOT** take your diabetic pill(s).
- If you usually check your blood sugar, check it this morning.
- Bring the person who is driving you home with you to the Endoscopy Center.
- Your arrival time to your discharge time is about 2 ½ hours.
- Bring insurance card, photo id and all medications to your appointment.

**OVER** →

**Day Before Examination**  
**FOLLOW PRINTED INSTRUCTIONS ON THIS SHEET NOT THE COLON PREP PACKAGING.**

**Do not eat any solid food today.** It is important to drink at least eight (8) glasses of clear liquids throughout the day.

Upon waking, immediately take four (4) Dulcolax tablets all at once with 8 ounces of clear liquid.

In the morning, add 255 gm bottle of Miralax to a 64 ounce bottle of Gatorade. Put the container in the refrigerator to chill.

You will be taking a laxative and it will give you diarrhea. Stay close to the restroom.

6:00 PM begin drinking the Miralax/Gatorade solution. Drink one eight (8) ounce glass every 15 minutes until you finish the entire container.

Mix the second 255 mg bottle of Miralax into a 64 ounce Gatorade bottle. Place in the refrigerator to chill.

If you awaken during the night with brown or solid stool drink more clear liquids. Tell the nurse at the endoscopy center if you are still having brown or solid stool upon arrival.

**Day of Examination**

**DO NOT EAT ANY SOLID FOOD until after your procedure.**

\_\_\_\_\_ AM begin drinking last container of Miralax/Gatorade solution. Drink one eight (8) ounce glass every 15 minutes until you finish the entire container.

Drinking clear liquids is encouraged to prevent dehydration. You may continue drinking clear liquids, but stop drinking 2 hours before your test.

**If you have any problems finishing the prep call the office at 574-234-0049**

**Michiana Gastroenterology, Inc.**  
**Hours of operation**

**(574) 234-0049**  
**Monday, Tuesday and Thursday 8:00am – 5:00pm**  
**Wednesday & Friday 8:00am – 1:30pm**

**Michiana Endoscopy Center**  
**Hours of operation**

**(574) 271-0893 or 1-866-669-8743 (toll free)**  
**Monday – Thursday 5:45am – 5:00 pm**  
**Friday 5:45am – 4:00pm**

**St. Joseph Regional Medical Center**

**(574) 237-7736      8am – 4pm**

**Memorial Hospital**

**(574) 647-6700      8am – 4pm**