



If you have questions regarding your medications or preparation, call 850-747-0825 between the hours of 7am and 3pm. After hours, call 850-763-5409 and ask to speak to your doctor's nurse. To schedule or reschedule procedures call 850-392-1507

PREPARATION INSTRUCTIONS FOR COLONOSCOPY with MIRALAX

NAME: _____ CHART#: _____ DR: _____
DATE: _____ ESTIMATED ARRIVAL TIME: _____

FACILITY:	LOCATION:
NWFL GASTRO CENTER	204-B EAST 19 TH STREET
BAY MEDICAL CENTER	OUTPATIENT CHAPMAN BLDG
GULF COAST MEDICAL CENTER	OUTPATIENT SURGERY CENTER
JACKSON HOSPITAL	MAIN (FRONT) ENTRANCE

FACILITY:	LOCATION:
SACRED HEART - PORT ST. JOE	ADMISSIONS
DESTIN SURGERY CENTER	HWY. 98 DESTIN
NWFL SURGERY CENTER	767 AIRPORT ROAD

Arrange a ride: You will be given medication that makes you relax and be sleepy. Please make arrangements for a family member or friend to drive you home following your procedure. Anticipate 3 to 4 hours stay at facility. You will not be allowed to drive yourself home or take a taxi.

Do these things 5 DAYS BEFORE the procedure:

- ☞ Purchase over-the-counter 225 gram bottle of Miralax and 64-oz of Gatorade and four (4) Dulcolax tablets.
- ☞ Begin a low-residue (soft) diet (see attached sheet).

Do these things 3 DAYS BEFORE the procedure:

- ☞ Stop taking Vitamin E, ginko, ginger, Fish Oil and/or garlic

or related NSAIDS (for example: Bufferin, Ecotrin, Aleve, Naprosyn, Motrin, Ibuprofen, Sulindac.)

IRON: iron and iron-containing vitamins and medications.

FIBER SUPPLEMENTS: such as Metamucil, Fibercon, Citrucel, etc.

- ☞ **IF DIABETIC,** see attached sheet.

- ☞ **TYLENOL** or Acetaminophen is okay.

The DAY BEFORE the procedure: ***DO NOT EAT ANY SOLID FOODS***

If you are scheduled at Northwest FL Gastro Center, expect a call confirming your appointment and FINAL arrival time

- ☞ Start a clear, LIQUID diet. A liquid diet can include: Juices (apple, white grape and cranberry); Broths (beef and/or chicken); Soda Pop; Tea and coffee without milk; Gatorade; Kool-Aid and various Jell-O flavors (any color except red or purple). **Avoid:** Juices with pulp, milk, cream and/or solid food. ***DO NOT EAT ANY SOLID FOODS***

- ☞ 3:00 p.m. - Take four (4) Dulcolax tablets. Continue liquid diet.

- ☞ 5:00 p.m. - Mix the Miralax and Gatorade. Shake until powder is dissolved. Drink one 8oz glass every ten minutes until you have completed all of the solution. Continue drinking liquids.

You may drink clear liquids until midnight.

To help prevent dehydration, it is important to drink plenty of liquids before, during and after the colon-prep process.

The DAY OF the procedure: ***DO NOT EAT***

TAKE blood pressure, heart, seizure, breathing, anti-reflux, thyroid, and/or mental health medications as prescribed, one hour prior to arrival, with no more than 2oz of water.

Bring with you to your procedure: Picture I.D., Insurance Card(s), a list of your current medications, and a contact number for your ride.