

11 Martin Street
Presque Isle Maine 04769
(207) 764-0679 Phone
(207) 764-1569 Fax



11 Martin Street
Presque Isle Maine 04769
(207) 764-0679 Phone
(207) 764-1569 Fax

COLONOSCOPY DULCOLAX/MIRALAX PREP INSTRUCTIONS

Any stool in your colon may make the exam or polyp removal difficult or impossible and may result in the exam having to be repeated at a later time. Please follow these directions thoroughly. Please call the office before taking this prep if you have kidney disease, kidney failure, or congestive heart failure.

Iron supplements must be stopped 7 days prior to your procedure.

Aspirin and Aspirin containing drugs must be stopped 5 days prior to your procedure.

Coumadin, Plavix, and Arthritis medications must be stopped 3 days prior.

Ibuprofen and Naproxen containing drugs, like Advil, Motrin, Nuprin, and Aleve must be stopped 3 days prior.

You may continue to take acetaminophen containing medications such as Tylenol.

You need to Purchase

Two Dulcolax Tablets

255 Gram Bottle of Miralax

64oz of Gatorade – **(NO RED FLAVOR)**

On the Day before Your Procedure: ____/____

1. Do not eat breakfast and start a clear liquid diet all day! (See the Clear Liquid Diet List)
2. At **12:00PM**, take 2 Dulcolax tablets
3. At **2:00PM**, mix 255gram bottle of Miralax in 64-oz of Gatorade. Drink 8 oz every 30 min until the entire bottle is gone. Continue to drink clear liquid until bedtime. If you become nauseated, stop the prep for 45 min and then resume.

Make an effort to drink as much clear liquid as possible before, during, and after as this prep is very dehydrating

On the Day of Your Procedure:

1. **Do not eat or drink anything after midnight.**
2. Take any necessary medications with a sip of water.
3. Wear a short sleeve shirt, take a shower, and do not use any body lotions.

VERY IMPORTANT: You must have someone drive you home, failure to bring a driver may result in your procedure being canceled. **You will be here 3 hours.**

Clear Liquid Diet List: (Any liquid that is clear enough to read through it)

- Gatorade, PowerAde, and Kool-aid, water, tea, black coffee, and soda
- Popsicles and Jell-o – lemon, lime, or orange
- Clear broth or bouillon
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade)
- You may also have hard candy and gum

Avoid any red liquids as this may appear as blood in your colon.

IF BOWEL MOVEMENTS ARE NOT CLEAR WATER TO YELLOWISH BY THE MORNING OF YOUR PROCEDURE PLEASE CALL THE OFFICE AT 764-0679 x3

APPOINTMENT DATE ____/____ CHECK IN TIME ____:____

There is a 24 hour cancellation policy. Cancellations must be made within 24 hours of procedure time during normal business hours.