

## DIGESTIVE MEDICINE ASSOCIATES, LLP

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### MIRALAX COLONOSCOPY INSTRUCTIONS

#### **FIVE (5) DAYS PRIOR TO THE PROCEDURE:**

- If you take medication for Pain & Arthritis, for example: Advil, Motrin, Naproxen, or any other medication containing Aspirin or Anticoagulants such as: Coumadin, Pradaxa or Plavix, **STOP TAKING** them five (5) days prior to your procedure.

**BUY FOR THE PREPARATION:** 1: Gatorade 64 oz (Big bottle - white, yellow or blue) 2: Miralax - 8.3 oz Bottle  
3: Dulcolax 2 Tablets 4: Magnesium Citrate White 10 oz

#### **DAY BEFORE PROCEDURE:**

Clear liquids diet **ONLY** all day for breakfast, lunch and dinner. Clear liquids include Apple/Grape Juice, Sprite, Gatorade, Chicken Broth, Jello (no red coloring) & Tea.

1. At 5:00 pm take (4) Dulcolax/bisacodyl tablets with water (5 mg each, buy over the counter)
2. At 6:00 pm MIX 1/2 bottle of 8.3oz (238gm) Miralax (polyethylene glycol 3350, Smoothlax, Clearlax) with 32 oz Gatorade bottle (white, yellow, or light blue)
3. Drink 1 (8oz) glass every 15 minutes. Total of 4 glasses. Drink each glass quickly rather than drinking small amount continuously. Be sure to drink **ALL** the solution. After drinking solution, Drink 2 more 8-ounce glasses of clear liquid every 15 minutes for total of 2 more glasses.
4. Do **NOT** take medication for Diabetes the night before or morning of the procedure.
5. If you are on Antihypertensive / Blood Pressure medication, you **SHOULD** continue to take them as usual with a sip of water.

#### **DAY OF PROCEDURE:**

1. 4 HOURS before the procedure repeats steps 2 and 3 above. This is the other 1/2 of the Miralax bottle with another 32 ounces of Gatorade. And drink 2 more 8-ounce glasses of clear liquid every 15 minutes for total of 2 more glasses.
2. DO **NOT** EAT today. Only clear liquids up to 2 hours before the procedure.
3. If you are on Antihypertensive / Blood Pressure medication, you **SHOULD** continue to take them as usual with a sip of water the day of the procedure.

**For patients injecting WEIGHT LOSS MEDICATIONS such as Ozempic, Wegovy, Semaglutide, Mounjaro Tirzepatide, you MUST STOP the medication at least 7 days before the procedure.**

**Call 305-339-4327 if you have any questions about how to take the preparation or if you have any problems getting your preparation or any issues about the procedure.**

If you have a fever or cough or have been in contact with a person or location known or suspected to have been exposed to the Coronavirus (COVID-19), please call the clinic to reschedule your appointment. For the safety of other patients your procedure will not be done if you have any of the above.

**Your physician has recommended further procedures, diagnostic testing or labs. Your physician advises these services be completed in no more than three weeks and that you have an opportunity to review the clinical findings and discuss your treatment plan with your physician. If you are unable to keep your appointments, you must let your physician know.**

Make sure to arrange transportation after your procedure. You should NOT Drive any vehicle for 24 hours following the procedure due to the sedation you received. You must also have a responsible adult remain with you 24 hours after the procedure. If you have a true medical emergency, call 911 or go to the nearest emergency room. Do not bring jewelry, dentures, hearing aids. We are not responsible for losing personal property.

**For the Palmetto Location:**

**During the hours of 9:00am-11:00am the parking lot is very congested. Please consider taking an Uber/Lyft or being dropped off.**

**I UNDERSTAND THAT IT IS MY RESPONSIBILITY AND I HAVE ARRANGED FOR A RESPONSIBLE ADULT TO DRIVE ME HOME AND PROVIDE ASSISTANCE FOLLOWING THE PROCEDURE. I ACKNOWLEDGE THAT I HAVE BEEN ADVISED NOT TO DRIVE UNTIL THE EFFECTS OF ANY MEDICATION HAS WORN OFF, NORMALLY FOR THE FIRST 24 HOURS AFTER THE PROCEDURE. I UNDERSTAND THIS TO MEAN THAT I SHOULD NOT DRIVE UNTIL THE DAY AFTER THE PROCEDURE OR AS DIRECTED BY THE SURGEON.**