

DIGESTIVE MEDICINE ASSOCIATES, LLP

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MIRALAX COLONOSCOPY INSTRUCTIONS

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 3:00 pm take (2) Dulcolax/bisacodyl tablets with water (5 mg each, buy over the counter)
2. At 6:00 pm MIX 1 bottle of 8.3oz Miralax(polyethylene glycol 3350, Smoothlax, Clearlax) with 64 oz Gatorade bottle(white, yellow, or light blue)
3. Drink 1 (8oz) glass every 15 minutes. Drink each glass quickly rather than drinking small amount continuously. Be sure to drink ALL of the solution. After drinking solution, continue drinking clear liquids until you go to sleep.
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. 3 HOURS before the procedure drink 1 - 10 oz clear bottle of Magnesium Citrate.
2. DO NOT EAT today. Only clear liquids up to 3 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.

APPOINTMENT LOCATION:

A) Palmetto Surgery Center: 2140 W. 68th Street, Suite 102, 305-512-8220 (PRIOR TO APPOINTMENT YOU MUST REPORT TO SUITE 103)

B) Pembroke Pines Office: 18044 NW 6th St. Suite 104, 305-822-4107

C) Coral Gables Office: 3133 Ponce de leon Blvd, 305-822-4107

D) Hialeah Office Endoscopy: 2140 W. 68th Street, Suite 103

Appointment Date: _____ Appointment Time: _____

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 for 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 for 24 hours after the procedure. If you have a true medical emergency, call 911 or go to the nearest emergency room.