

Colonoscopy Instructions (Miralax/Gatorade)

Procedure Date: _____ Follow Up: _____

*The facility will call you with the time 2 **business days** prior to your procedure date*

FACILITY	ADDRESS	PHONE#
ORANGE CITY SURGERY CENTER	975 Town Center Dr, Orange City FL	386-456-5247
LAKE MARY SURGERY CENTER	460 ST Charles Court, Lake Mary FL	407-585-0263
FHC PLANS SURGERY CENTER	2777 Enterprise Rd, Orange City FL	386-481-6282
FL HOSPITAL FISH MEMORIAL	1055 Saxon Blvd, Orange City FL	386-917-5000
CENTRAL FLORIDA REGIONAL HOSPITAL	1401 West Seminole Blvd, Sanford FL	888-894-2106

Instructions:

- Continue taking routine medications, including blood pressure and heart medications.
- If diabetic, only take ½ of your usual dose the morning of procedure.
 - **Before stopping any blood thinner, please discuss with your prescribing provider.**
 - Hold Coumadin, Plavix, Effient, Brilinta for **5 days** before your procedure.
 - Hold Pradaxa, Eliquis, and Xarelto for **2 days** before your procedure.
- **5 days** before, do not take any: Aleve, Motrin, Naproxen, Ibuprofen – Tylenol is safe to use
- **5 days** before, discontinue iron supplements, vitamins, or herbal supplements
- No solid foods after midnight and you can drink **clear** liquids (**NO REDS/DARK COLORS**) up until **3** hours before the procedure. At the 3 hour mark, nothing by mouth including water. You may take any necessary medications with a small sip of water.
- **You must have a friend or family member drive you to and from the facility. NO FORM OF TAXI SERVICE IS PERMITTED.**

Purchase at the Pharmacy/Grocery Store:

- Gatorade, 64oz bottle or Crystal Light (Recommended for Diabetics) (No Dark Colors)
- **Miralax, 238g bottle**
- **Magnesium Citrate**
- **Dulcolax, 6 tablets**
- Baby wipes or Desitin (Optional)

DAY BEFORE PROCEDURE:

Do Not Eat Any Solid Food The Entire Day Before The Procedure!

Have a clear liquid diet throughout the day. Avoid liquids that are red or purple in color such as red grape or cranberry juice. Avoid ALL dairy products and juices with pulp such as orange or grapefruit juice. You can drink **clear** liquids (**NO REDS/DARK COLORS**) until 3 hours before the procedure. At the 3 hour mark, nothing by mouth including water. You may take any necessary medications with a small sip of water.

Clear Liquids include the following:

Soups: Broth (chicken, beef or vegetable)

Juices: White grape juice, Apple etc.

Desserts: Jello, Italian Ice, Popsicles, etc.

Sports Drinks: Powerade, Gatorade, Propel

Beverages: Tea, Kool-aid, Water, Black coffee

If your procedure is before 12PM	If your procedure is after 12PM
1. At 5:00PM , take 4 Dulcolax tablets with water.	1. At 5:00PM , take 4 Dulcolax tablets with water.
2. At 5:30PM , drink 10 oz. bottle of Magnesium Citrate.	2. At 5:30PM , drink 10 oz. bottle of Magnesium Citrate.
3. At 6:00pm , mix the entire 238g bottle of Miralax with the 64oz bottle of Gatorade or Crystal Lite in a pitcher. Shake the solution until the Miralax is dissolved. <i>Drink an 8 oz. glass every 10-15 minutes</i> until ½ of the solution is gone (drinking with a straw helps).	3. At 6:00PM , mix the entire 238g bottle of Miralax with the 64oz bottle of Gatorade or Crystal Lite in a pitcher. Shake the solution until the Miralax is dissolved. <i>Drink an 8 oz. glass every 10-15 minutes</i> until ½ of the solution is gone (drinking with a straw helps).
4. At 11:00PM , continue to drink an 8 oz. solution of the Miralax every 10-15 minutes until the rest of the solution is consumed.	4. At 6:00AM , the morning of the procedure, take 2 Dulcolax tablets with water.
	5. At 6:30AM , the morning of the procedure, continue to drink an 8 oz. solution of the Miralax every 10-15 minutes until the rest of the solution is gone.

Please allow a 5 business day notice for cancellation or there will be a \$200 charge