

Colonoscopy Instructions Two Day Preparation (SUPREP/Miralax)

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, discontinue iron supplements, vitamins, or herbal supplements
- **5 days** before, do not take any: Aleve, Motrin, Naproxen, Ibuprofen – Tylenol is safe to use.
- **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)

Clear Liquids include the following:

Soups: Broth (chicken, beef or vegetable)

Juices: White grape juice, Apple etc.

Desserts: Jell-O, Italian Ice, Popsicles, etc.

Sports Drinks: Powerade, Gatorade, Propel

Beverages: Tea, Kool-aide, Water, Black Coffee

2 days BEFORE PROCEDURE:

Do Not Eat Any Solid Food for TWO Days Before The Procedure!

Have a clear liquid diet throughout both days. 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.

1. At **5:00PM**, take 4 Dulcolax tablets with water.

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. *Drink an 8 oz. glass every 10-15 minutes* 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.

On the day BEFORE PROCEDURE:

Do Not Eat Any Solid Food!

Have a clear liquid diet throughout both days. 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 **but no later than 3 hours prior to your procedure.**

1. At 5:00PM, pour (1) 6 ounce bottle of SUPREP liquid into the mixing container. Add cold water to the 16 ounce line and drink all the liquid in the cup.

2. Drink (2) more 16 ounce cups of water(or clear liquid) over the next 1 hour.

3. At 11:00PM, pour (1) 6 ounce bottle of SUPREP liquid into the mixing container. Add cold water to the 16 ounce line and drink all the liquid in the cup.

4. Drink (2) more 16 ounce cups of water(or clear liquid) over the next 1 hour.

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