



LOCATION:

- 1) GI NORTH ENDOSCOPY 4150 Deputy Bill Cantrell Memorial Rd Ste 200 Cumming, Ga. 30040 (Park at lower level)
- 2) Northside Hospital-Forsyth, 1200 Northside Forsyth Drive Cumming, Ga. 30041 (pt. services- located at back entrance of hospital)

MIRALAX/GATORADE PREP FOR COLONOSCOPY (SPLIT DOSE)

****FOLLOW THESE INSTRUCTIONS AND NOT THE ONES ON THE BOX****

REFER TO INSTRUCTIONS IN PACKET YOU WERE SENT FOR TIMES AND DATES

- Please inform your doctor if ANYTHING HAS CHANGED WITH YOUR HEALTH OR MEDICATIONS SINCE YOUR LAST VISIT.
- Please leave **ALL** jewelry and electronic devices at home (**cell phones, smart watches, Fitbits**)
- **Drivers MUST be 18 years or older and MUST** check-in at front desk before the pt. will be taken back (**they may return to their car but CANNOT leave the property**). **PLEASE ARRIVE ON TIME.**

1 WEEK BEFORE THE PROCEDURE

- Pick up the following items from the store: (1) 64oz Gatorade/Powerade (**NO RED OR PURPLE**), (1) bottle of Miralax powder (238gm), AND 2 Dulcolax tablets.

5 DAYS BEFORE THE PROCEDURE

- **Do not eat** fruits (including dried fruit), corn, beans, all nuts, popcorn, quinoa or any food containing seeds.

1 DAY BEFORE THE PROCEDURE

- **No solid food all day** – only **clear liquid diet (NO RED OR PURPLE color)**. Upon waking in the morning, immediately begin clear liquid diet, including:
 - Water, clear broth, coffee or tea (without milk or creamer)
 - Sport Drinks such as Gatorade, PowerAde, Propel or Vitamin Water (NO RED OR PURPLE)
 - Fruit flavored drinks such as Crystal Light, Kool-Aid, Capri Sun (NO RED OR PURPLE)
 - Apple juice, white cranberry juice, carbonated beverages or soda (NO RED OR PURPLE)
 - JELL-O, Italian ices, ice popsicles, sorbet, hard candy (NO RED OR PURPLE)
 - **NO juice with PULP or MILK of any kind (Soy, Silk, Almond, Oat...to name a few).**
- **BOWEL PREP INSTRUCTIONS:**
 - In the morning, mix the entire bottle of Miralax in 64oz of Gatorade. Shake the solution until dissolved and refrigerate.
 - At 4pm, take the 2 Dulcolax tablets with a cup of water
 - At 6pm, start drinking HALF (32 oz.) of the Gatorade-Miralax prep. Drink one 8oz. cup every 15 minutes until bottle is half-empty.
 - Continue clear liquid diet until midnight. **DO NOT EAT ANY SOLID FOOD! NO ALCOHOLIC BEVERAGES! DO NOT USE CHEWING TOBACCO AFTER MIDNIGHT!**

DAY OF THE PROCEDURE

****NO SOLID FOOD- Clear liquids/prep ONLY!**

- **FIVE HOURS** prior to your scheduled procedure time, drink the rest of the solution (32 ounces). This means one 8oz. cup every 15 minutes until it is all finished. This part of the bowel prep takes about 1 hour.
- **DO NOT DRINK ANYTHING OR EAT ANYTHING AFTER TIME LISTED TIME ON PROCEDURE FORMS GIVEN TO YOU .**

DIABETIC PATIENTS:

- If you take **ORAL** diabetic medication HOLD according to directions given during pre-procedure phone call
- If you take **INSULIN**, take ½ the regular evening dose (on the night of prep) and nothing in the morning of the procedure. Monitor blood sugar carefully
- If you have an **INSULIN PUMP**, turn it off the morning of the procedure and monitor blood sugar carefully

OTHER MEDICATIONS:

- Take all heart and blood pressure medications with a tiny sip of water as usual the morning of your procedure
- If you take weight loss medications, hold as directed at your office visit
- IF YOU TAKE A BLOOD THINNER, BE SURE YOU HOLD IT AS DIRECTED BY YOUR CARDIOLOGIST BEFORE THE PROCEDURE
- If you have a medication hold question, call the pre-procedure line at (404)446-0600 ext. 235 or 250
- **EXTENDED PREP:** Your provider has ordered an EXTENDED PREP for you due to either constipation, gastric delay, or a previous inadequate prep. You will start clear liquids TWO DAYS before your procedure. In addition, you will take one tablespoon of Miralax daily, as directed 1-4 times per day for 7 days prior to your procedure day. Taper as needed, ideally you will have a good bowel movement at least once or twice a day before the colonoscopy.
- **CONSTIPATED PREP:** Your provider has ordered a CONSTIPATED PREP for you due to either constipation, gastric delay, or a previous inadequate prep. You will take one tablespoon of Miralax daily, as directed 1-4 times per day for 7 days prior to your procedure day. Taper as needed, ideally you will have a good bowel movement at least once or twice a day before the colonoscopy.

**After thoroughly reading instructions above- if you have any questions, please do not hesitate to call our nursing staff at (404)-446-0600.