

MGB GASTROENTEROLOGY

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2 DAY MIRALAX & GATORADE COLONOSCOPY PREPARATION

In order for the doctor to perform a procedure, a bowel “cleanout” must be completed at home, prior to the procedure. Bowel prep is a combination of a clear liquid diet and oral laxatives. You will need to purchase:

- Two 8.3oz (238gm) bottles of Miralax or (Generic/Store Brand), available over the counter
- Four (4) Bisacodyl 5 mg tablets, available over the counter
- Two bottles of 64oz OR 4- 32 oz bottles of Gatorade (any color EXCEPT red, blue, or purple). If you are diabetic you may use PowerAde Zero or Gatorade Performance G2.

**BLOOD THINNER INSTRUCTIONS:
DIABETIC INSTRUCTIONS:**

****ALL PIERCINGS, JEWELRY AND CONTACT LENSES MUST BE REMOVED PRIOR TO PROCEDURE****

FIVE DAYS prior to test: Avoid raw fruits, raw vegetables, raw or cooked corn, salads, red Jell-O, beets, granola, nuts, and seeds.

****PLEASE AVOID red and purple liquids, dairy and soy products, and juices with pulp or sediment throughout.****

TWO DAYS before the test: DRINK AT LEAST 64 OZ OF CLEAR LIQUID – OR MORE, THROUGHOUT THE DAY

Light breakfast prior to 10:00am (i.e. eggs, piece of toast, cup of black coffee or tea –no milk)
Then clear liquids only after 10 a.m.: water, seltzer, tea or coffee (without milk or non-dairy creamer), Gatorade, broth, clear/non-citrus fruit juices, popsicles, and Jell-O. Drink at least 64 ounces of clear liquids.

At 12:00 pm mix 1 (8.3 oz/238gm) bottle of Miralax with 2 (32oz) bottles of Gatorade in a large pitcher. Stir well – be sure to stir the solution until the Miralax is completely dissolved.

At 2:00 pm begin drinking an 8oz glass every 10-15 minutes. If you feel nauseated, stop for one hour, but you need to drink the whole bottle of solution throughout the evening.

ONE DAY before the test:

CLEAR LIQUIDS ONLY: water, seltzer, tea or coffee (without milk or non-dairy creamer), soda, broth, clear/non-citrus fruit juices, popsicles, and Jell-O. **Drink at least 64 oz of clear liquids.**

At 2:00pm take all 4 Bisacodyl tablets with a clear liquid such as chicken broth.

At 4:00pm mix the second (8.3oz/238gm) bottle of Miralax with remaining 2 (32oz) bottles of Gatorade in a large pitcher. Stir well – be sure to stir the solution until the Miralax is completely dissolved. Drink an 8oz glass every 10-15 minutes until the solution is gone.

Please avoid all gum or hard candy after midnight (12:00am) until after your exam.

THE MORNING of the test: NO BREAKFAST – *Drink clear liquids only:* water, seltzer, tea or coffee (NO milk or non-dairy creamer).

Stop all liquids 4 hours prior to the procedure time (nothing after _____)

YOU MUST HAVE A RIDE HOME. You will not be discharged from the Endoscopy Unit unless you are accompanied by a responsible adult who will either drive you home or accompany you home by taxi or bus.

REPORT TO: _____ Cooley Dickinson Hospital, 30 Locust Street, Northampton, North Entrance

You will be receiving a blocked call from Assessment at CDH, please answer when called

_____ Valley Medical Group, 31 Hall Drive, Amherst (Ambulatory Surgical Center Main Floor)

_____ Pioneer Valley Surgicenter, 3550 Main Street, Springfield, Suite 103

***Do not take Advil or Aleve**

DAY: _____

the morning of your procedure

DATE: _____

ARRIVAL TIME: _____