

NAME: _____

We perform procedures at the following locations:

GIEA
15005 Shady Grove Road
Suite 200
Rockville, MD 20850
(301) 340-8099

**Shady Grove Adventist Hospital
Out-Patient Surgery Center**
9901 Medical Center Drive
Rockville, MD 20850
240-826-6000

Please **ARRIVE** at: _____ on _____
Time Date

PREPARATION INSTRUCTIONS FOR COLONOSCOPY (STANDARD MIRALAX METHOD)

YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME. You may not drive for the rest of the day once the procedure is completed. The sedation, which makes the procedure comfortable, will take time to wear off.

STOP COUMADIN/WARFARIN _____ DAYS PRIOR TO YOUR PROCEDURE
STOP PLAVIX _____ DAYS PRIOR TO YOUR PROCEDURE
TAKE ALL OF YOUR USUAL MEDICATIONS THE MORNING OF YOUR PROCEDURE
WITH SMALL SIPS OF WATER UNLESS DIRECTED OTHERWISE BY YOUR PHYSICIAN

PURCHASE 2 OR MORE DAYS PRIOR TO PROCEDURE (OVER-THE-COUNTER):

- a. One (1) bottle of Miralax 8.3 ounces (equivalent to 238gms). →
- b. Eight (8) Dulcolax or Bisacodyl 5mg tablets (they are both equivalent).



THE ENTIRE DAY BEFORE THE PROCEDURE: you may have **CLEAR LIQUIDS ONLY**. Clear liquids include coffee, tea, water—either carbonated or regular, G2 (Gatorade), soft drinks, e.g. coke, Pepsi, ginger ale, 7-Up; clear juices –apple, cranberry, grape; Jell-O or other similar gelatin; clear soups, i.e. bouillon or broth. Sugar and/or artificial sweeteners are allowed. You may continue these clear liquids up until 3 hours prior to your procedure. **Drink lots of clear liquids and preferably not just water (no more than half the total volume as water). This is better for rehydration and a clean prep.**

NOT ALLOWED ON A CLEAR LIQUID DIET: Milk, cream, soy milk equivalent, artificial creamer, pulpy juices like orange, grapefruit, pineapple, tomato and V-8, all NOT allowed.

IMPORTANT NOTE: RED JELL-O may lead to red diarrhea –it is not blood.

THE DAY BEFORE PROCEDURE:

- **Between 12:00p.m. and 1:00p.m.** -Take 2 Dulcolax/Bisacodyl tablets with 8oz. of a clear liquid.
- **Between 3:00p.m. and 4:00p.m.** – Take another 2 Dulcolax/bisacodyl tablets with 8oz. of a clear liquid.
- **Between 4:00p.m. and 6:30p.m.,** mix the ENTIRE 8.3oz/238gm bottle of Miralax into 2 quarts (which equals 64oz) of either G2 thirst quencher with sugar (any flavors), Powerade (any flavor) with sugar, or apple/grape/cranberry or combo juices, or mix 1 quart G2 or juice with 1 quart water. Stir, shake, and dissolve. Then drink the ENTIRE 2 quarts by 11p.m. You should also drink another 1 to 2 quarts of a variety of clear liquids, jellos, clear soups, and, if you like, some water during the 12 hours prior to the “nothing by mouth” cut-off which is 3 hours before the scheduled start of your procedure.

Capital Digestive Care
Digestive Disease
Consultants

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Sheila G. Levin, MD
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CONTINUED ON BACK →

- **Between 6:00p.m. – 7:00p.m.** – Take another 2 Dulcolax/bisacodyl tablets with 8oz of a clear liquid.
- **Between 10:00p.m. - 11:00p.m.** -Take another 2 Dulcolax/Bisacodyl tablets with 8oz. of a clear liquid.

NOTE: If you have a noon or later procedure you should split the Miralax. You should drink 2/3 between 4 p.m. and 11:00 p.m. the evening before, and drink the remaining 1/3 of Miralax the morning of the procedure between 6 a.m. and 9 a.m.

THE DAY OF YOUR PROCEDURE:

- The morning of your examination you may continue to have any and all of the clear liquids mentioned above up until 3 hours prior to your examination. You may take all of your routine medications except aspirin and Coumadin (unless otherwise directed by your physician), provided they are completely taken at least 3 hours prior to your procedure time. **NOTHING BY MOUTH AFTER THAT.** If you use inhalers, please take them with you to the procedure.
- **PLEASE DO NOT WEAR PERFUME, COLOGNE, OR SCENTED POWDERS.**
- **PLEASE DO NOT SMOKE FOR AT LEAST 4 HOURS PRIOR TO THE PROCEDURE.**

HOW TO “PUSH” CLEAR LIQUIDS ON THE EVENING BEFORE YOUR COLONOSCOPY

It is important that you consume a total volume of about 3 quarts from 4p.m. to midnight of which 2 quarts can be the Miralax mix.

To prep and rehydrate successfully, you will need a combination of fluid, salt, and sugar, in addition to your laxatives. A model for clear liquid consumption would be to do the following:

Sugar

Sugar replacement: 36 ounces of a standard sugar containing commercial soft drink (i.e. three (3)- 12 ounce cans or two (2)- 18 ounce bottles), using any combination of Coke, Pepsi, Seven Up, Ginger Ale, Gatorade, etc. In place of or in addition to soda you may use the following juices; grape, apple, cranberry, cranapple, crangrape. Coffee and/or tea are also acceptable with 2-3 teaspoons of sugar per 8 ounces of liquid.

Salt

Salt replacement: 1 or 2 cans (16oz each) of clear bouillon, broth, or consommé. The cans are better than the cubes.

Fluid

Please drink 32-48 ounces of any combination of additional clear liquids, some of which may be water or soda water.

FOR DIABETICS:

Stay on your regular dose of diabetes related tablet medications. Your insulin dose may need to be reduced by one-quarter to one-third, ask your diabetes doctor. It is important that some of the fluids you drink be sugar containing. The general guidelines for the 4 total quarts between 4 p.m. and midnight are as follows:

1. Mix the Miralax with 1 quart (32oz) of a sugar-containing fluid, either G2 with sugar, Powerade with sugar or clearfruit juice, apple, grape, or cranberry and then ADD one more quart of water, totals 2 quarts (64oz).
2. The third quart can consist of diet soft drinks, Jell-O, and soup.
3. The fourth quart consist of water.

PLEASE NOTE: IF YOU FIND IT NECESSARY TO CANCEL YOUR PROCEDURE WITHIN 48 HOURS PRIOR TO THE SCHEDULED APPOINTMENT A \$150 CANCELLATION FEE WILL BE CHARGED.