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Outpatient Instructions for Colonoscopy

Miralax & Gatorade Preparation

Patient's Name _____

Hospital/Facility _____

Date of Procedure _____

Time to Arrive _____

*** Arrival time is subject to change. The facility will call you the day before the procedure with the exact arrival time. ***

One Day Prior to the Procedure:

- **Begin clear liquid diet.** (See diet instructions on the following page)
- **Try to drink lots of liquids to help with the cleansing and to prevent dehydration.** You may continue the clear liquid until eight hours prior to the procedure.

Day of Procedure:

- **Eight hours prior to the procedure do not eat or drink anything, including water.**
- **No medications may be taken in the morning before the procedure except heart and blood pressure medication (take with a *small* sip of water). Any other medications should be taken after the procedure is over.**
- **You may NOT work or drive the day of the procedure. You must have a driver that will remain in the facility during the procedure and drive you home or the test will be cancelled.**
- **If patient is taking weight loss/diabetic injection must stop injections as follows: if taking daily injection, hold injection the day of procedure. If taking weekly injections hold injection one week prior to procedure.**

You may continue taking your regular medication during the preparation, with the following exceptions:

- **STOP** taking Aspirin, Motrin, and Arthritis medication 7 days prior to the procedure. If needed, you may take Tylenol products.
- **STOP** taking Iron (check multi-vitamin ingredients for iron), Coumadin, Warfarin, or any blood thinners (Plavix, Ticlid, Effient, or Pradxa) 3 days prior to the procedure.

If you have any questions or concerns, please call the office at **(248)-651-0800.**

If you are unable to keep your appointment, please give at least two business days' notice. A \$100 fee will be assessed for cancellations made after that time. Thank you.

PATIENT INSTRUCTIONS FOR MIRALAX/GATORADE PREPARATION:

- 1. Purchase one 255 gram or 238 gram bottle of Miralax and four (4) Dulcolax laxative tablets from the pharmacy (they are available over the counter). You will also need to buy 64 oz bottle of Gatorade (orange or yellow).**

THE DAY BEFORE THE PROCEDURE START THE BOWEL PREP:

- STEP 1: **Begin clear liquids** for breakfast, lunch, and dinner on the **day before** the exam and continue liquid diet until eight hours before the procedure.
- STEP 2: **In the morning, on the day before the exam, mix 64 ounces of Gatorade with all the Miralax (the entire 255 or 238 gram bottle). The Miralax will dissolve in the Gatorade. You can pour the Miralax into the 64 oz bottle of Gatorade and shake well to mix it, or you can mix it in a pitcher. Then place the solution in the refrigerator and allow it to get cold all day. The colder the solution is, the better it tastes.**
- STEP 3: **Starting at 3:00 pm** swallow the first **two (2)** Dulcolax laxative tablets with a glass of water.
- STEP 4: **Starting at 6:00 pm** begin to drink the Miralax/Gatorade solution in the refrigerator. **Drink one 8 oz glass every 15-20 minutes until it is gone.** It will take you approximately 1 ½ - 2 hours to finish drinking the solution.
- STEP 5: **Starting at 9:00 pm** swallow the second two (2) Dulcolax laxative tablets with a glass of water.

CLEAR LIQUID DIET INSTRUCTIONS

Day to begin your clear liquid diet: _____

Start your clear liquid diet when you wake up in the morning. No food, milk, or milk product (including powdered creamers) for the entire day and until the procedure has been completed.

**No red, green, or blue liquids due to the dye colors!
Yellow, orange, or clear liquids are permitted.**

Foods included on the clear liquid diet:

Beverages:	Carbonated beverages (soda & diet soda), coffee, tea, Gatorade, apple juice, orange Hi-C, white grape juice or white cranberry juice.
Desserts:	Jello, popsicles, frozen ices/slushes, Italian ices, freeze pops.
Soups:	Bouillon, broth (chicken or beef).
Sweets:	Honey, sugar, plain hard sugar candy (yellow or orange only).
Condiments:	Salt, pepper.
Fruits:	Strained (not just pulp free) pineapple, orange, or grapefruit juice.