

METRO ATLANTA GASTROENTEROLOGY, LLC

5669 Peachtree Dunwoody Road, Suite 210 • Atlanta, GA 30342
office 404-255-4333 • endo. ctr. 404-255-4346 • metroatlantagastro.com

INSTRUCTIONS FOR COLONOSCOPY PREPARATION WITH MIRALAX AND DULCOLAX

ONE WEEK BEFORE PROCEDURE:

- Avoid nuts, seeds, whole grain breads, popcorn.
- Make sure to read all of your instructions, and refresh your memory about how your doctor recommended you take your medications such as blood thinners, diabetes medications etc.
- You will need to obtain a 238 gram bottle of miralax and 4 dulcolax (bisacodyl) 5 mg tablets. These can be purchased without a prescription at your local pharmacy.
- Purchase 2 bottles (32 oz) of gatorade, crystal light, lemonade, water or iced tea (any flavor except ones that are colored red or purple).

Medications – Unless otherwise discussed with your doctor: Make sure to refresh your memory about how your doctor recommended you take your medications, especially if you are on blood thinners or anti-platelet drugs. Call us with ANY questions.

Stop aspirin, and anti-inflammatory drugs (ibuprofen, advil, aleve, diclofenac, celebrex, motrin), vitamin E, and fish oil 5-7 days prior to exam. Tylenol is OK to take.

- If you are taking coumadin, plavix, aggrenox, or other blood thinners, make sure your physician is aware and stop as directed.

- Please make sure to finish the entire prep and take as directed to ensure that it is effective and works properly.

DAY BEFORE PROCEDURE:

- It is okay to have a low fiber breakfast such as a piece of toast, hard boiled or scrambled eggs, low fat yogurt.

- **NO solid food after 10 AM.**

- Continue to drink plenty of clear liquids (nothing red or purple) up to **2 hours** prior to your procedure if being done at Metro Atlanta Endoscopy, (**4 HOURS** prior to your procedure if being done at Emory Saint Joseph's Hospital). Clear liquids include: water, fruit juices (apple, white grape, white cranberry, lemonade), clear broth or bouillon, ginger ale or soft drinks, coffee, tea, jello, ice pops, gatorade, gummy bears, life savers, popsicles, orange/lime sherbert.

- **Take 4 dulcolax tablets at 4:00 pm** the night before your procedure

- **For the first dose of the prep, between 4:00 and 6:00 pm, start the miralax prep.** Mix 4 scoops of miralax in 1-32 oz gatorade or a clear liquid of your choice and drink. Drink this as tolerated over one hour.

- **For the second dose of the prep:**

- Nothing by mouth for the last **4 hours** prior to your colonoscopy if your procedure is being done at Emory Saint Joseph's Hospital, and **2 hours** prior to your colonoscopy if your procedure is being done at Metro Atlanta Endoscopy.

Starting 4-6 hours before our procedure, mix 4 scoops of miralax in the other 32 oz gatorade or a clear liquid of your choice and drink. Drink this as tolerated over one hour.

- NOTE: individual responses to laxatives may vary. This may cause multiple bowel movements within 30 minutes or take several hours.

Your Procedure Is Scheduled At:

_____ Metro Atlanta Endoscopy, 5669 Peachtree Dunwoody Road, Suite 210,

_____ Emory Saint Joseph's Hospital, GIDU, 3rd floor (you will need to go to admissions first)

Procedure Date and Time: _____

*****ARRIVAL TIME:** _____