

Dr. Tomasso and Dr. Dy

Instructions for Colonoscopy Procedure:  **Miralax**

**Please READ ALL INSTRUCTIONS AT LEAST 7 DAYS BEFORE THE PROCEDURE.**

**Please purchase the following over-the-counter products:**

**-  Miralax powder (119 grams x 3 Bottles)**

**-  Magnesium Citrate (10 oz Bottle)**

**-  Gatorade (32 oz Bottle x 3)**

**\*\*Please use only Gatorade. Red or Purple liquids are not allowed. \*\***

**Please note**:

**\*\*** Due to the anesthetic you will receive during your procedure, you must have a licensed adult available to drive you home after the procedure.  Walking is not acceptable. We will not be able to perform your procedure if your driver does not accompany you to the facility. You may not work or drive for 12 hours after your procedure.

**\*\*** A colonoscopy prep can cause the body to lose a significant amount of fluid and can result in sickness due to dehydration.  It is important that you prepare your body by drinking extra clear liquids (at least 64 ounces) before the prep.  Stay hydrated by drinking all recommended clear liquids during the prep.  Replenish your system by drinking clear liquids after returning home from your colonoscopy.

\*\* Individual responses to laxative vary; this prep should cause multiple bowel movements. It often works within sixty (60) minutes, but it can take as long as three (3) hours. Please remain in close proximity of toilet facilities. If you do not have multiple bowel movements / diarrhea within 3 hours of finishing the prep, please call your gastroenterologist at 970-945-8503.

**Please Read Carefully and Follow the Instructions Below:**

**The Day Before Your Procedure (regardless of your procedure time):**

-  Starting with breakfast, drink only clear liquids (See list below) until after the procedure.  Drink at least 64 ounces of clear liquids. Do NOT ingest any dairy products or eat any solid food.

                                Clear liquids include:

                                -  Water

                                -  Strained fruit juices without pulp (apple, white grape, lemonade)

                                -  Coffee or tea without milk or non-dairy creamer

                                -  Clear bullion or broth (any flavor)

                                -  Any of the following that are **NOT** colored red or purple:  carbonated or non-

carbonated soft drinks, Kool-aid (or other flavored drinks), plain Jell-o (without

added fruit or toppings), Popsicles and Gatorade.

                -  Mix the 119 grams of Miralax powder with Gatorade (32oz) and refrigerate. Repeat x 2. This

should give you three (3) 32 oz bottles with 119 grams of Miralax each.

                -  At 4pm, drink the bottle of Magnesium Citrate (10oz)

                -  At 6pm, begin drinking the Miralax/Gatorade mix.  Drink 8 oz every 15 minutes until 64 oz is

finished. (This should take approximately 2 hours).

**The Day of Your Procedure:**

                -  Starting at least 6 hours prior to your procedure, drink the last 32 oz of Miralax/Gatorade

mix.  Complete 8 oz every 15 minutes until finished. (This should take approximately 1 hour).

                -  You may continue to have clear liquids up to 4 hours before your scheduled procedure time.

                -  Report to Admissions for check in 1 hour prior to your scheduled procedure time.

**Medication Information:**

-  If you are taking Coumadin, please call our office to discuss arrangements.

- If you are taking a large dose of Aspirin or another anti-inflammatory medication such as Advil or

Aleve, please check with your physician. They may want you to stop it before the procedure. Baby

Aspirin (81 mg) is ok to continue.

-  Please take all of your other medications as you normally would.

-  You may take your morning medications at least 4 hours before your procedure with sips of water.

-  If you are a diabetic, please call our office at least 3 days prior to your procedure to obtain specific

diet/medication directions.

**Scheduling Information:**

For scheduling, rescheduling, cancelling, or other questions regarding a procedure, please contact GMA:

Pam: 970-945-8503 x 5052   Fax:  970-928-9402

For directions to your procedure facility, prior authorization of your procedure, or billing questions related to your procedure, please contact the facility:

Valley View Hospital Endoscopy Unit Aspen Valley Hospital

Endoscopy Unit Endoscopy Unit

Aimee: 970-384-7500  Lisa: 970-544-7391

Pioneers Medical Center (Meeker)

Endoscopy Unit

Laura: 970-878-9311