



Etowah Gastroenterology Associates, PC

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VIPUL T. AMIN, M.D.

COLONOSCOPY MIRALAX PREPARATION-2 DAY

Name: _____ Date: _____

Hospital: _____ THE FACILITY WILL CALL THE DAY BEFORE WITH TIME.

PLEASE NOTIFY THE OFFICE 48 HOURS PRIOR IF YOU NEED CHANGE THIS DATE

PURCHASE AT THE PHARMACY: (6)-Dulcolax laxative tablets, (1) bottle 255gm of Miralax (Rx) & (1) bottle of Magnesium Citrate (over the counter)

If you are taking medication: Take ALL blood pressure and heart medication prior to your procedure. Please DO NOT take any Aspirin, Bufferin, Advil, Ibuprofen, Aleve, Naprosyn, Indocin, Lodine, Coumadin, or any other arthritic medication/ blood thinners for (5) days prior to your procedure. If you take fish oil please stop 7 days prior to procedure.

If you take insulin, take ½ of our regular dose the day before the procedure. **DO NOT take insulin the day of test.**

TWO DAYS BEFORE THE PROCEDURE:

Drink 1 bottle of Magnesium Citrate and take (2) Dulcolax tablets. You can take these at any time during the Day.

ONE DAY BEFORE THE PROCEDURE:

- 1) Clear liquids only (see below)

Clear Liquid diet

- **Soups:** Clear bouillon or broth
- **Beverages:** Tea, coffee (no cream/milk), Kool-Aid, carbonated beverages, apple juice, White grape juice, strained lemonade/ limeade. **NO RED, PINK, ORANGE or PURPLE** colored liquids
- **Desserts:** Water Ices, Italian ice, popsicles, or jello

- 2) Take (2) Dulcolax tablet at 10 AM and (2) Dulcolax tablets at 2 PM

- 3) In early afternoon, mix the whole bottle of Miralax in 64 oz. of water (you may add crystal light flavor). Shake the solution until dissolved. Drink 8 oz. glass every 10-15 minutes until **ALL 64 ounces** are finished.

- 4) Continue drinking clear liquids until bedtime. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT**

On day of the procedure:

Nothing to eat or drink. (NO SMOKING, MINTS, OR GUM)

1. If you take blood pressure or heart medications, you may take them with a small sip of water before your procedure.

NO DRIVING! You must have a driver the day of procedure.

PLEASE CALL THE OFFICE WITH ANY QUESTIONS 256-467-4477

GADSDEN REGIONAL OUTPATIENT
1007 GOODYEAR AVE
GADSDEN AL 35903
256-494-4462

GADSDEN ENDOSCOPY (RIVERVIEW)
820 GOODYEAR AVE
GADSDEN, AL 35903
256-492-4284

CHEROKEE MEDICAL CENTER
400 NORTHWOOD DR
CENTRE, AL 35960
256-927-1326