



Advanced Gastroenterology PLLC

Advanced Endoscopy Center PLLC

## MIRALAX INSTRUCTIONS

You should arrive for your procedure(s) at:

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_ Check-in

Your procedure has been scheduled with:

Dr. Son Do

Dr. Samuel Sim

Dr. Charles Hames

Your procedure has been scheduled at:

**Advanced Gastroenterology, PLLC**

2415 NE 134<sup>th</sup> Street, Suite 205

Vancouver, WA 98686

360-576-5060

**Legacy Salmon Creek Hospital**

Special Procedures/Surgery-2<sup>nd</sup> Floor

2211 NE 139<sup>th</sup> Street

Vancouver, WA 98686

360-487-1830

**PeaceHealth SW Medical Center**

Short Stay Unit

400 NE Mother Joseph Place

2<sup>nd</sup> floor, 5<sup>th</sup> Street Entrance

Vancouver, WA 98664

360-514-2895

**TWO DAYS BEFORE COLONOSCOPY:** \_\_\_\_\_/\_\_\_\_\_

**Purchase a 238 gm bottle (14 day supply) of Miralax and a 64 oz. bottle of Gatorade (not red or purple).**

**DAY BEFORE COLONOSCOPY:** \_\_\_\_\_/\_\_\_\_\_

1. **ONLY CLEAR LIQUIDS** may be taken the day before your exam:

- You may have sport drinks, clear juices, soup broth, jello, or popsides.
- Coffee is okay with **NO** cream
- **DO NOT** drink milk or alcoholic beverages
- **NO RED OR PURPLE LIQUIDS**

2. In the morning, mix Miralax and Gatorade in a large container, mix well, and refrigerate.

3. At **7 PM** on the evening before procedure begin drinking the **first** ½ of the Miralax/Gatorade solution. Drink 4-8oz cups, one cup every 10-15 minutes. It is important you drink ALL the liquid.

**DO NOT ADD SUGAR OR OTHER SWEETNER.** The first few glasses may make you feel full or bloated. Sip slowly. You will begin to pass watery stool within a few hours.

4. Refrigerate the second ½ of the Miralax/Gatorade solution.

**MORNING OF COLONOSCOPY:** \_\_\_\_\_/\_\_\_\_\_

1. At \_\_\_\_\_ AM, drink the other half of the solution. It is important you drink ALL the liquid.

2. At \_\_\_\_\_ AM you **CANNOT** have anything else to drink, **NOT EVEN WATER.**



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## MIRALAX INSTRUCTIONS

**IMPORTANT** Concern for your safety makes us insist you have someone to drive you home. **If you have not arranged for a driver, the procedure will be postponed.** Your driver will need to come into the Endoscopy Center to pick you up. **Taxi or C-Van is not allowed unless you are escorted by a friend or family member.** You will not be allowed to drive for 24 hours.

### **Allowed Medications:**

Medications you take for the following conditions should be continued as usual on the day of the procedure. These should be taken with a small amount of water, **4 hours before your arrival time.**

- Heart Problems
- High blood pressure
- Fluid retention
- Female hormones
- Thyroid disorder
- Depression or anxiety
- Asthma/emphysema
- Stomach ulcer or excess acid
- Seizure disorder

### **NOT Allowed Medications:**

- Plavix
- Iron Supplements – Stop 5 days prior to your procedure

### **Special Instructions for Coumadin/Diabetic Medications:**

#### **Coumadin/Plavix:**

Your last dose should be taken on \_\_\_\_\_.

At the time of your procedure, your doctor will tell you when to restart the Coumadin/Plavix.

#### **Diabetic Pills:**

Do not take your diabetes pills the day of your procedure. You can take ½ the dose of your diabetes pills the day before the procedure.

#### **Insulin:**

On the day before your test: Take your regular dose in the morning.

That night, take ½ your regular dose.

On the day of your test: **Do not take any insulin. Make sure to take your blood sugar that morning and report it to the nursing staff as they prepare you for your procedure.**