



**CAPITAL
DIGESTIVE
CARESM**

First in Digestive Health

NAME: _____

We perform procedures at the following locations:

- | | |
|--|--|
| <p><input type="checkbox"/> GIEA
15005 Shady Grove Road. Ste 200
Rockville, MD. 20850
(301) 340-8099</p> | <p><input type="checkbox"/> Shady Grove Adventist Hospital
Out- Patient Surgery Center
9901 Medical Center Drive
Rockville, MD 20850</p> |
|--|--|

Please ARRIVE at: _____ on _____
TIME DATE

PREPARATION INSTRUCTIONS FOR COLONOSCOPY (DR. SCHULMAN'S MIRALAX METHOD)

PURCHASE 2 OR MORE DAYS PRIOR TO PROCEDURE (OVER-THE-COUNTER):

- One (1) bottle of Miralax 8.3 ounces (equivalent to 238gms).
- Twelve (12) Dulcolax or Bisacodyl 5mg tablets (they are both equivalent).

7 DAYS BEFORE YOUR PROCEDURE:

- Discontinue medications containing iron; follow your providers instructions regarding aspirin, Plavix or anticoagulation medicines (e.g. Coumadin, Pradaxa, Xeloda)

TWO (2) DAYS BEFORE THE PROCEDURE – Take 2 Bisacodyl/Dulcolax tablets with 8oz. of a clear liquid at bedtime.

THE ENTIRE DAY PRIOR TO YOUR PROCEDURE YOU MUST BE ON A CLEAR LIQUID DIET – NO SOLID FOODS.

- Drink 6-8 glasses of clear liquids and half **MUST** contain sugar and salt.
- Coffee or Tea (no milk)
- Clear broth or bouillon – **MUST** drink 16 oz of either broth or boillon
- Carbonated or non-carbonated soft drinks (Coke, Pepsi, Sprite, etc)
- Clear fruit juices (i.e. Apple Juice, Cranberry, White grape juice, Gatorade(**NOT G2**))
- Jell-O, popsicles, hard candy

NOTE: DARK COLOR CLEAR LIQUIDS SUCH AS RED OR PURPLE ARE OK TO HAVE JUST BE SURE TO DRINK LOTS OF WATER AS WELL.

THE DAY BEFORE PROCEDURE:

- **Between 12:00p.m. And 1:00p.m.** -Take 2 Dulcolax/Bisacodyl tablets with 8oz. of a clear liquid.
- **Between 3:00p.m. And 4:00p.m.** – Take another 2 Dulcolax/bisacodyl tablets with 8oz. of a clear liquid.
- **Anytime between 4:00p.m. And 6:30p.m.** Mix the 1 bottle of Miralax(or generic) with your 64 oz of Gatorade. **MUST BE GATORADE ONLY.** Then begin to drink 1 8 oz glass of the solution every 20-30 mins until the solution is gone. Continue to drink clear liquids until going to bed.
- **Between 6:00p.m. – 7:00p.m.** – Take another 2 Dulcolax/bisacodyl tablets with 8oz of a clear liquid.

OVER →→→→

Capital Digestive Care

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➤ **Between 10:00p.m. - 11:00p.m.** -Take another 2 Dulcolax/Bisacodyl tablets with 8oz. of a clear liquid.

NOTE: If you have a noon or later procedure you should split the Miralax. You should drink 2/3 between 4 p.m. and 11:00 p.m. the evening before, and drink the remaining 1/3 of Miralax the morning of the procedure between 6 a.m. and 9 a.m.

DAY OF YOUR EXAM: Take all of your morning medications with small sips of water **ONLY UP UNTIL 4 HOURS PRIOR TO YOUR PROCEDURE TIME.**

HOW TO “PUSH” CLEAR LIQUIDS ON THE EVENING BEFORE YOUR COLONOSCOPY

It is important that you consume a total volume of about 3 quarts from 4p.m. to midnight of which 2 quarts can be the Miralax mix.

To prep and rehydrate successfully, you will need a combination of fluid, salt, and sugar, in addition to your laxatives. A model for clear liquid consumption would be to do the following:

Sugar

Sugar replacement: 36 ounces of a standard sugar containing commercial soft drink (i.e. three (3)- 12 ounce cans or two (2)- 18 ounce bottles), using any combination of Coke, Pepsi, Seven Up, Ginger Ale, Gatorade, etc. In place of or in addition to soda you may use the following juices; grape, apple, cranberry, cranapple, crangrape. Coffee and/or tea are also acceptable with 2-3 teaspoons of sugar per 8 ounces of liquid.

Salt

Salt replacement: 1 or 2 cans (16oz each) of clear bouillon, broth, or consommé. The cans are better than the cubes.

Fluid

Please drink 32-48 ounces of any combination of additional clear liquids, some of which may be water or soda water.

FOR DIABETICS:

Stay on your regular dose of diabetes related tablet medications. Your insulin dose may need to be reduced by one-quarter to one-third, ask your diabetes doctor. It is important that some of the fluids you drink be sugar containing. The general guidelines for the 4 total quarts between 4 p.m. and midnight are as follows:

1. Mix the Miralax with 1 quart (32oz) of **GATORADE(ONLY)**. ADD one more quart of water, totals 2 quarts (64oz).
2. The third quart can consist of diet soft drinks, Jell-O, and soup.
3. The fourth quart consist of water.

PLEASE NOTE: IF YOU FIND IT NECESSARY TO CANCEL YOUR PROCEDURE WITHIN 48 HOURS PRIOR TO THE SCHEDULED APPOINTMENT A \$150 CANCELLATION FEE WILL BE CHARGED.