



NAME: _____

We perform procedures at the following locations:

- GIEA
15005 Shady Grove Road. Ste 200
Rockville, MD. 20850
- Shady Grove Adventist Hospital
Out- Patient Surgery Center
9901 Medical Center Drive
Rockville, MD 20850

Please **ARRIVE** at: _____ on _____
TIME DATE

PROCEDURE TIME: _____

PREPARATION INSTRUCTIONS FOR COLONOSCOPY (STANDARD MIRALAX METHOD)

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

One (1) bottle of Miralax 8.3 ounces (equivalent to 238gms).
Eight (8) 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)

3 DAYS BEFORE YOUR PROCEDURE: Avoid popcorn.

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 bouillon
- 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.

Capital Digestive Care

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- **Between 6:00p.m. - 7:00p.m.** - Take another 2 Dulcolax/Bisacodyl tablets with 8oz of a clear liquid.
- **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.**

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.

If you have any urgent questions after hours, regarding the prep or procedure, please contact the Doctor on call at 301-340-3252