

Harbour View Office
5839 Harbour View Blvd
Suite 200

Harbour View Outpatient
5818 Harbour View Blvd
One Story Bldg, Suite B-1

Lakeview Medical Center
2000 Meade Parkway
ASC Window

Maryview Medical Center
3636 High Street
Patient Registration 1st floor

Gastrointestinal & Liver Specialists of Tidewater, PLLC

Miralax/Gatorade/Dulcolax/Mag Citrate Split Dose Prep for Colonoscopy

Over-the-counter bowel prep to be purchased from any pharmacy or grocery store:

Miralax (1 bottle 238 grams), 4 x 5 mg Dulcolax laxative (Bisacodyl) tablets, 1 x 10 Oz bottle of Magnesium Citrate (any color other than red). You will also need to purchase: 2 x 32 Oz bottles of Gatorade/sports drink (any color other than red)

If you are on a blood thinner, we must obtain clearance from your prescribing doctor to stop the medication. Our office will contact you with the response from his/her office. **DO NOT STOP it by yourself.** You may continue taking Aspirin or NSAIDS if you need.

Diabetic Instructions: _____

Do you have a pacemaker or defibrillator? Y/N

Are you currently on Dialysis Y/N

5 DAYS BEFORE THE PROCEDURE: Stop all iron tablets or iron containing products, including multivitamins.

2 DAYS BEFORE THE PROCEDURE: FOLLOW LOW RESIDUE DIET – SEE BACK OF THIS SHEET

1 DAY BEFORE THE PROCEDURE: NO SOLID FOODS ALLOWED

- The ENTIRE day before your procedure, _____ follow a clear liquid diet all day, including breakfast, lunch, and dinner.
- **Examples of acceptable clear liquids are:** Broth or bouillon, Popsicles (no red), Clear fruit juices (no pulp) Gatorade (no red), Plain Jell-O (no red), carbonated beverages, black Tea/Coffee, Ensure Clear (Apple flavor only)
- **Take at least 8 x 8 Oz. of water spread throughout the day**
- At **4:00PM**, take all four (4) Dulcolax (Bisacodyl) 5 mg laxative tablets at the same time with your choice of liquid listed above.
- At **6:00PM**, mix the whole bottle of Miralax into two 32oz bottles of Gatorade. Start drinking at least an 8oz glass of solution every 15 to 30 minutes, until you have finished the entire bottle. You are encouraged to finish the entire 64 Oz by 9pm. Please attempt to drink at least 3 more 8oz portions of any clear liquid listed above before bedtime.

ON THE DAY OF THE PROCEDURE:

- At _____ (5 hours prior) to your scheduled procedure time, drink the entire 10 Oz bottle of magnesium citrate. You can drink clear liquids mentioned above till 4 hours prior to the procedure
- Take any blood pressure, heart, and seizure medication with a sip of water.
- **4 HOURS BEFORE YOUR PROCEDURE _____: NOTHING CAN BE CONSUMED FROM THIS POINT FORWARD. Failure to comply may result in delay or cancellation of your procedure. DO NOT HAVE GUM OR HARD CANDY. NO SMOKING THE DAY OF THE PROCEDURE.**

Report to: _____

Date: _____ Arrival time: _____ Procedure time: _____

You are required to have a responsible adult accompany you to your procedure, stay in the building during your procedure, and take responsibility for you after your procedure.
You should not drive before and may NOT drive after your procedure.
You should not drive, operate any type of machinery, or do any heavy lifting until the day after your procedure.
Please understand that our office, as well as the hospitals, are unable to accept responsibility for your valuables; we ask that you please leave all valuables at home or with your responsible adult during your procedure.

If your colonoscopy has been scheduled as a screening, meaning you have no symptoms with your bowels*, and your doctor finds a polyp or tissue that needs to be removed during the procedure, this colonoscopy is no longer considered a screening procedure; it is considered a surgical procedure, and your insurance benefits may change. Please check with your insurance company prior to starting the bowel preparation. (*Symptoms, such as change in bowel habits, diarrhea, constipation, bleeding, anemia, etc.)

Patient Signature _____ Date _____

Patient Name (print) _____ Account _____ M.A. Initials _____

Please call 757-483-6100 if you experience problems or have concerns. Our physicians are available 24 hours a day for emergencies.