

Digestive Disease Associates

170 Amendment Avenue

Rock Hill, SC 29732

803-324-7607

www.digestivediseaseassociates.com

Miralax Prep:

You will need the following items: Four (4) dulcolax tablets, 64 ounce bottle of Gator-Aid or Power-Aid (not colored red or purple), 238 gram bottle of miralax.

The day prior to your colonoscopy, you will need to maintain a clear liquid diet. This includes items such as water, tea, apple or white grape juice, clear sodas, clear broth, jello (not red or purple). Avoid milk products. Avoid any solid food.

The day before the procedure, mix the 238 gram bottle of Miralax in to the 64 ounces of Gator-Aid or Power-Aid and refrigerate.

Starting at 4PM the day before your procedure, take the four (4) dulcolax tablets with water. **AT 6 PM,** start drinking the solution. Drink an eight ounce glass every 10 minutes. Keep drinking until half (1/2) the solution is gone (total of 32 ounces). It is important you try to finish this part of the prep in two hours. Bowel movements should begin about a half hour to an hour after your first glass. Feelings of bloating and nausea are common after the first few glasses. They should subside when you start having bowel movements. If needed due to nausea, you may take a 30 minute break, then start again till the first half of the solution is taken. Refrigerate the remaining solution.

5 hours prior to your procedure, start drinking an eight ounce glass every 10 minutes until the remaining solution is gone. It is important that you finish the part of the prep in two hours. Do not drink anything else prior to your procedure.

TIPS: Chill it. Try chilling the glass too. Drink the whole glass quickly, do not sip. Rinse your mouth with cool water between glasses. Drink the solution with a straw. Place some light reading material in the bathroom. Make sure you use soft toilet tissue or pre-moistened bathroom wipes to prevent soreness.

Please follow these instructions for the best results for your procedure. Failure to follow these instructions could result in cancelation of your procedure and rescheduling.

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General Instructions for All Endoscopy Procedure

If you have any question, please contact our office at 803-324-7607 and ask for **Procedure Scheduling**. Also you may visit our website listed above.

Diabetics: Please follow the instructions below for your procedure:

Insulin Shots: If you take insulin shots:

****The DAY BEFORE** your procedure, take your usual dose of insulin.

****The EVENING BEFORE** your procedure, take ½ of your usual dose of insulin.

Make sure to check your blood sugar frequently that day. If sugar falls below 70, drink sprite or 7-UP (not diet)

If you take **Diabetes Pills**:

****Take NO diabetes pills the Night Before or Morning of Procedure.**

MORNING OF PROCEDURE:

***Take NO insulin shots or diabetes pills.**

FOR EVERYONE THE MORNING OF THE PROCEDURE:

Only take **Heart or Blood Pressure**, medication, **Seizure** medication and/or **Reflux** medication.

When to STOP Blood Thinners:

Coumadin - 3-5 days before

Pradaxa - 2-5 days before

Eliquis - 2 days before

Effient - 7 days before

Plavix or Aggrenox - 7 days before

Brilinta- 5 days before

Xarelto - 24 hours before

Aspirin- take as normal

If you take **Iron Pills**, please **STOP 4 Days** prior to your procedure.

Please note: **FAILURE** to cancel your procedure **24 hours in advance** will result in a **\$100 No Show Fee**.