PRMC Surgical Specialist Colon Prep

Your procedure is scheduled on _____. COLONOSCOPY - DR. BEAMER.

The surgery department will notify you of admit time the day prior to your procedure. You should not drive for 24 hours after the procedure. **You will need to have someone drive home**.

DO NOT SMOKE OR CHEW TOBACCO THE MORNING OF YOUR SURGERY

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT

Please follow the instructions as listed below: COLON PREP MEDICATION-DULCOLAX TABLETS AND MIRALAX POWDER-NO PRESCRIPTION NEEDED, PURCHASE AT WALMART, DILLONS, WALGREENS.

Two days before the procedure, take four 5 mg Dulcolax tablets at 6:00 PM. These can be purchased over the counter

The day before the procedure, take four 5 mg Dulcolax tablets at 9:00 AM.

The day before your procedure you will need to be on a clear liquid diet **all day**, for breakfast, lunch, and dinner. **These are foods that are allowed on a clear liquid diet:**

- Plain water
- Fruit juices without pulp such as apple or grape juice
- Broth (bouillon or consommé)
- Clear sodas or sports drinks
- Plain gelatin or Jello
- Ice pops without bits of fruit or fruit pulp.
- Tea or coffee without cream

MiraLAX is an osmotic laxative used commonly in the treatment of occasional constipation. MiraLAX has no sugar or sweetener, no taste, no grit, or residue. When used as a colon preparation, it allows complete pre-procedure cleansing while minimizing patient discomfort. MiraLAX can be purchased over the counter at your local pharmacy, Walmart, or Dillons.

Please follow the instructions as listed below carefully for the day before your procedure:

At 1:00 PM the day before your procedure, mix the entire 238-gram bottle of MiraLAX (or generic form glycolax) in 32 ounces of Gatorade (**DO NOT USE RED GATORADE**), or any other clear non-carbonated liquid. This will form a light slurry. Please shake or mix well.

Starting at 2:00 PM to 6:00 PM the day before your procedure, begin drinking the mix. Drink an 8-ounce glass of the mix every hour until finished.

You should consume **at least 3 cups of clear liquids in between doses of the prep and any time before midnight-**this is a total of 12 cups of liquid very important to complete the prep process.**

**On the morning of your procedure, you need to take any blood pressure or heart medications with a small sip of water, with the exception of blood thinners.

Any questions or concerns please call Ronni at 620-450-1853 or front desk 620-672-6454.