

CENTER FOR COLON & RECTAL HEALTH, INC.

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MIRALAX & GATORADE (G2 IF YOU ARE DIABETIC) DAY BEFORE PROCEDURE

TWO WEEKS BEFORE your procedure **stop** taking all **herbal vitamins, vitamin E, and fish oil.**

IF YOU ARE TAKING A BLOOD THINNER under a doctor's order, you must check with your doctor before stopping that medication.

IF YOU ARE DIABETIC, speak to your doctor about your medication dosage on the day you are prepping and also on the day of your procedure.

ONE WEEK BEFORE your procedure **stop** taking any of the following medications and any medication containing **aspirin or ibuprofen:**

Advil	Clinoril	Heparin	Norgesic
Aleve	Coumadin	Ibuprofen	Nuprin
Alka Seltzer	Daypro	Indocin	Percodan
Anacin	Dipridamole	Lodine	Persantine
Anaprox	Disalcid	Lovenox	Plavix
Arthropan	Ecotrin	Meclomen	Relafen
Ascriptin	Empirin	Mobic	Ticlid
Aspirin	Excedrin	Motrin	Toradol
Baby Aspirin	Feldene	Naprosyn	Voltaren
Bufferin	Fiorinal	Naproxen	

***** TYLENOL IS SAFE TO TAKE *****

FOR FIVE DAYS BEFORE your procedure try to avoid eating vegetables with skin such as corn, peas, beans, etc. (If you do eat them, you may still have your procedure.)

** You may want to purchase diaper rash cream or vaseline to apply while prepping. **

1. Purchase Miralax over the counter (two 4.1 ounce bottles **or** one 8.3 ounce bottle).
2. Purchase 64 ounces of Gatorade (any flavor but red).
3. **On the day before your procedure** you may have your usual breakfast. **After breakfast** you may have **only clear liquids** which include: water, soda of any kind, and clear juices such as apple, grape, cranberry. **You may not have citrus juices** such as orange juice or grapefruit juice. You may have jello (but **no red jello**). You may have clear broth or bouillon, and tea and coffee with sugar or sugar substitutes. You may have a small splash of milk in tea and coffee in AM only.
4. **At mid-morning** take the two Dulcolax tablets you have been given.
5. **At 3:00 PM** mix all of the Miralax with 64 ounces of Gatorade in a pitcher. Begin drinking a full eight ounce glass of the solution every twenty to thirty minutes until the solution is finished. Do not mix anything in the solution and do not add ice. If for any reason you are unable to finish the solution or have a problem, please call our office.
6. After finishing the solution you may again have clear liquids up until midnight. The more clear liquids you drink, the better the prep will work. Then have **nothing after midnight** (including no gum, no hard candy or mints, etc.).
7. **On the day of your procedure** take only your necessary morning medications (heart, blood pressure, asthma, etc.) with a small sip of water **when you wake up**. All other medications may be taken when you get home.
8. Please wear loose-fitting clothing.
9. Someone **must drive you home** after your procedure. You may not take a taxi.
10. If there is a change in your insurance or health history (heart attack, breathing problems, etc.), you must notify us immediately. If you need to reschedule your appointment, please give us as much notice as possible.