



arizona
gastrointestinal
associates

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COLONOSCOPY-MIRALAX/GATORADE PREP

Please read Colonoscopy cover sheet and prep sheet completely

All products for this preparation are over the counter at your local pharmacy:

Miralax/ polyethylene glycol 3350—238 gram/14-dose bottle

Magnesium Citrate- 10oz bottle (not cherry)

Gatorade/Powerade- 64oz bottle (no red, purple or other dark flavor)

-as an alternative to Gatorade/Powerade you may also mix the Miralax with Coconut water totaling 64oz

Notify the office if you are on ANY blood thinning medications (Plavix, Coumadin, Effient, etc...). You WILL be required to discontinue this medication prior to your exam and have clearance from the prescribing physician.

If you are taking insulin or oral medications for diabetes: take ½ of your regular dose the evening before the exam and DO NOT TAKE ANY the morning of the exam.

You must STOP any oral iron 5-days prior to exam.

Notify the office if you have a history of endocarditis or a prosthetic heart valve. You may require IV antibiotics prior to your exam.

YOU MUST HAVE A PERSONAL DRIVER OR MEDICAL TRANSPORT TO TAKE YOU HOME AFTER YOUR PROCEDURE. YOU MAY NOT TAKE A TAXI OR BUS. NO EXCEPTIONS.

DAY BEFORE EXAM: _____

Clear liquid diet: as attached

At 2:00pm on _____ drink 10oz. bottle of Citrate of Magnesium

At 6:00pm in the evening on _____ drink first HALF of the Miralax/Gatorade solution. Drink one 8 oz. glass at a time until HALF the solution is gone

5-hours BEFORE your registration time at _____ drink the remaining half of the solution.

Nothing to eat or drink after midnight (EXCEPT YOUR REMAINING PREP)

Unless your procedure is after noon; if so you may continue to have clear liquids up to 6-hours before your exam

You may take your regular morning medications with a small amount of water.

Anesthesia for your procedure is Propofol given via IV administered by an anesthesiologist.