

**COLONOSCOPY PREP-MIRALAX**

**YOUR PROCEDURE IS SCHEDULED FOR** \_\_\_\_\_

**TIME OF PROCEDURE:** Someone from Brightside Surgical will call to let you know what time to arrive. If you do not hear from Brightside Surgical by 1 PM the day prior to your procedure, call 701.712.4100 or 800.472.2113, extension 4100. If your procedure is scheduled for a Monday, they will call you the Friday before the procedure.

**PURCHASE SUPPLIES:**

You will need: **1 bottle of MIRALAX** (238 grams).....(Over the Counter)  
**4 DULCOLAX (bisacodyl)** 5mg tablets.....(Over the Counter): *total of 20mg*  
*(Must be labeled laxative tablets - not stool softeners)*  
**2 - 32 oz. bottles of Gatorade/Powerade**  
**NO RED OR PURPLE COLORED** Gatorade or Powerade

**THE DAY BEFORE YOUR PROCEDURE** \_\_\_\_\_

- 1. DO NOT EAT ANY SOLID FOOD OR MILK PRODUCTS FOR THE ENTIRE DAY.**  
You may have clear liquids. There is a list of the clear liquids on the next page.  
Refrain from drinking alcohol 24 hours prior to procedure.
- 2. 1:00 pm** - Take **4 Dulcolax** tablets with 8 ounces of water. This is a laxative and may cause diarrhea; please remain close to home or a bathroom.
- 3. 3:00 pm** - Mix one of the **32 oz. bottles of Gatorade/Powerade** with approximately HALF of the bottle of **Miralax**. Drink the entire mixture within a 2 hour time period (finish before 5:00 pm).
- 4. 5:00 pm** - Drink the other **32 oz. bottles of Gatorade/Powerade** with the rest of the **Miralax** added to it. Again, drink the entire mixture within a 2 hour time period (finish before 7:00 pm).
5. It is important you complete the entire prep for your colonoscopy. It provides optimal visualization of your colon.
6. **You can continue to have clear liquids for the rest of the evening, but nothing after midnight.**

**THE DAY OF YOUR PROCEDURE** \_\_\_\_\_

No mints or gum.  
Take heart or blood pressure medicines as usual with sips of water, enough to swallow medication.  
Do not take diabetic medicine, but bring it with you.

**NO DRIVING UNTIL THE DAY FOLLOWING THE EXAM** \_\_\_\_\_

Please have someone drive you home after your exam is completed. Arrange for a responsible person to stay with you for the rest of the day and overnight. You can not go alone in a taxi or transit. You need to have someone ride with you.

You will be there approximately 2 hours.

**Address:**  
Brightside Surgical  
401 North 9th Street  
Bismarck, ND 58501

**Directions:**  
Enter North Entrance (Door #7)  
Proceed down hallway to Brightside Surgical (over)

# **CLEAR LIQUID DIET**

**DO NOT HAVE ANYTHING THAT IS RED OR PURPLE.**

**NO MILK PRODUCTS**

**NO JELLO**

**NO POPCORN OR CORN FOR 3 DAYS PRIOR**

**NO SEEDS FOR 3 DAYS PRIOR**

You may have the following:

- Fruit juices without pulp (apple, white grape, lemonade)
- Water
- Clear broth (chicken, beef) or bouillon
- Black coffee or tea (without milk or non-dairy creamer)
- Gatorade, Powerade or Kool-Aid (not red or purple)
- Any flavor soft drinks (Coke/Diet Coke, Pepsi/Diet Pepsi, Sprite, Mt. Dew, Etc.)

## **IMPORTANT NOTE:**

- You may take Tylenol/acetaminophen as needed.
- Must be off Coumadin or Plavix for 5 days and Phentermine for 7 days prior to procedure, obtain approval from primary care physician or cardiologist. May resume after the procedure unless instructed otherwise.
- Wear something comfortable the day of the exam, you will probably be drowsy when leaving to return home.

Precertification from your insurance provider may be required for this procedure.

You need to have someone to drive you home after the procedure. If you have not arranged for an adult driver your procedure will be cancelled. If you choose to drive within 24 hours after your procedure, you will be considered under the influence and law enforcement will be notified .

## **REGARDING APPOINTMENTS AND RESCHEDULING**

*Because of doctor and facility availability, we may not be able to reschedule an appointment as quickly as it was scheduled the first time.*

*We strive to schedule your procedure with utmost consideration of your scheduling needs. By getting your input when we schedule the procedure, we can avoid conflicting with something you may already have scheduled.*

*Scheduling your procedure is a complicated process. We need to coordinate the doctor's schedule, the availability of the procedure rooms at the facility, and their staff's availability.*

*We understand that conflicts arise that may require you to request your procedure being rescheduled. This rescheduling process is quite involved and time consuming for our staff and the other people involved. We ask you to understand this, and limit requests for rescheduling to true emergencies.*