

A · N · N · I · S · T · O · N
GENERAL SURGERY CENTER

Committed to providing you state-of-the-art care

1901 Leighton Avenue, Anniston, AL 36207 | (256) 240-9660 | Fax: (256) 240-9636 | www.AnnistonGeneralSurgery.com

Colonoscopy Miralax/Gatorade Preparation

Name: _____

Date: _____

Purchase at the Pharmacy:

(4) Dulcolax or Bisacodyl tablets, 255 gram bottle of Miralax prescription and 64 oz. Gatorade (no red or purple).

One week prior to the procedure:

Do not take iron pills or medications that can cause bleeding. These include Aspirin, Coumadin, Plavix, Percodan, Alka Seltzer. You must stop anti-inflammatory type drugs including Empirin, Bufferin, Ascriptin, Ibuprofen, Motrin, Advil, Medipren, Nuprin, Naproxen (Naprosyn), Sulindac, Clinoril, Piroxican, Tylenol and other brands which contain acetaminophen are safe to use.

Five days prior to the procedure:

Restricted residue diet – DO NOT eat nuts, seeds, popcorn or corn. Also, discontinue fiber supplements (Metamucil, Citrucil, Fiberall, etc.)

One day before procedure:

- Clear liquids only (see attached sheet)
- At 3:00 p.m. take 2 dulcolax or Bisacodyl tablets
- At 5:00 p.m. mix 255 gram bottle of Miralax in 64 oz of Gatorade. Shake the solution until the Miralax is dissolved. Drink an 8 oz glass every 10 – 15 minutes until solution is gone.
- At 8:00 p.m. take the last 2 Dulcolax or Bisacodyl tablets
- Continue drinking clear fluids until bedtime
- NPO after midnight

On the day of the procedure:

- Do not eat or drink anything that morning
- If you take medications, you may take them early that morning with a small amount of water. Call the office at (256) 240-9660, if you have any questions about these medication instructions.

NO DRIVING!

You cannot drive; use a taxi or a bus after this procedure. An adult must accompany you. If this procedure is not followed, the hospital may cancel your appointment.

If you have a polypectomy or biopsy, you should not take aspirin products for one week after the colonoscopy