

LIBERTY SURGICAL ASSOCIATES, PLLC
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COLONOSCOPY INSTRUCTION SHEET

Your colonoscopy is scheduled at _____ Hospital on _____ at _____ am/pm with Dr. Liberty Hoberman. These times are flexible and the Hospital will call you with the definite arrival time.

INSTRUCTIONS FOR THE USE OF MIRALAX:

Purchase *four* (4) Dulcolax tablets, *one* (1) 238gm bottle of MiraLax, and *two* (2) 32 oz bottles of Gatorade (clear color or rain) or Propel from your local pharmacy. No prescriptions are needed.

1. Please **discontinue** any **Aspirin, Plavix, Aggrenox, Coumadin, Persantine, Ticlid, Pletal, Vitamin E, Celebrex, Naprosyn, Motrin, Relafen, Ibuprofen, Aleve, Advil, Mobic** and medications containing **iron** for 5 days prior to the examine. You may use Tylenol as needed.
2. **Do not** eat popcorn, nuts, corn or grapes with seeds three days before the exam.
3. Have a **clear liquid diet the day before the test**. This should be started at breakfast time. Clear liquids include black coffee, tea, bouillon, water, clear juices (no pulp), carbonated beverages, popsicles, and Jell-O (not red). Do not use milk or cream in your coffee. If you are on insulin, use half of your regular dose and check your blood sugars regularly.
4. On the **day prior to your exam**:
 - At **3:00pm**, take two (2) Dulcolax tablets.
 - Between 4:00 and 5:00pm**, mix the entire bottle of MiraLax equally divided - between the 2 bottles of Gatorade or Propel. Shake the solution until the MiraLax has completely dissolved. Drink one 8 oz glass of the solution every 10-15 minutes until the entire solution is gone. The entire solution should be completed in 2 hours. Diarrhea may begin within a hour and continue for 2-3 hours after finishing the preparation.
 - At **9:00pm** take the remaining two (2) Dulcolax tablets with a 8 oz glass of any approved clear liquid. *After you have completed the preparation continue to have only clear liquids until 6 hours prior to the exam for adequate hydration.*
5. Do not eat or drink anything 6 hours prior to your exam. If you are on insulin, hold your dose the morning of the procedure.
6. Please take your insurance cards with you to the hospital. Also, **CHECK WITH YOUR INSURANCE COMPANY TO UNDERSTAND YOUR FINANCIAL RESPONSIBILITY ASSOCIATED WITH THIS PROCEDURE AND IF THEY REQUIRE PREAUTHORIZATION.**
7. You may experience some nausea, abdominal cramping, and some discomfort while using this medication. You will be given IV sedation, therefore you **MUST** arrange for someone to drive you home from the hospital. The hospital will call you the day before your exam to confirm your arrival time and give further instructions. If you have any questions regarding these instructions, call the office at 738-0470 during business hours and Dr. Hoberman at 616-610-0190 after hours.

Revised: 07/09/09