

COLONOSCOPY PREPARATION

Miralax preparation

Eureka Family Practice
2675 Harris St.
Eureka, CA 95503
707-443-8335

Please read and follow the instructions below carefully.

AT LEAST TWO DAYS BEFORE YOUR COLONOSCOPY, PURCHASE THE FOLLOWING (all available without prescription):

- Four **Dulcolax** laxative tablets
- bottle (238 gms) of **Miralax**
- 64 oz. bottle of Gatorade or other sports drink, flavor of your choice BUT AVOID RED OR PURPLE COLORED LIQUIDS.
Alternatively, you could use 64 oz. of iced tea.

DIABETIC PATIENTS:

On the day prior to your colonoscopy, take ½ your usual insulin or oral diabetic medication dosages. If you take metformin (Glucophage), do not take it the day before your procedure. After you return home and resume eating normally, resume all your regular insulin and oral medication dosages.

THE DAY PRIOR TO YOUR COLONOSCOPY

1. Drink only clear liquids the entire day.
2. At noon, take two Dulcolax tablets
3. At 3 PM, mix the 255 gm bottle of Miralax in the 64 oz. of sports drink or iced tea.
4. Drink one 8 oz. glass every 15 – 20 minutes until you've consumed the entire mixture. It will take approximately two hours.
5. At 6 PM take the final two Dulcolax tablets.

6. Thereafter, drink at least three more 8 oz. glasses of clear liquid before going to bed. You may drink more (in fact, more is better), but do not drink less.

DO NOT CONSUME:

- MILK or milk products
- Juices with PULP
- Beverages that are red or purple

"CLEAR LIQUID" EXAMPLES THAT YOU MAY HAVE:

- Tea, coffee, juices without pulp, carbonated beverages
- Soups, broth
- Popsicles, Jell-O
- And of course, all the water you want

After midnight of the day you're doing your prep, do not consume ANY liquids at all unless otherwise instructed by Dr. Leer. You should show up at the hospital on the day of your procedure with an empty stomach... no drinks of any sort since midnight.

DAY OF YOUR PROCEDURE

- You must arrive **1 hour** before your scheduled appointment. Your entire stay at General Hospital will be between 3-4 hours.
- You must have a friend or relative drive you home following the procedure. You are not allowed to take a taxi or public transportation home.
- After your procedure, do not drive a car for the remainder of the day. Do not make any important decisions until the following day.
- Leave valuables, including jewelry, home.
- Wear comfortable clothing.
- If biopsies are taken, the results are usually available within 7 calendar days. Dr. Leer or his medical assistant will contact you with

said results. If you had biopsies and haven't heard from us within one week, please call!

APPOINTMENTS

- The Referrals Department at Eureka Family Practice schedules all procedures. Please call 443-8335 if any questions.
- To cancel (only on weekdays) call 443-8335. Please note that if you do not cancel more than 1 week prior to your scheduled procedure, you may be responsible for a late cancellation fee.

APPOINTMENT DATE: _____

ARRIVAL TIME: _____

PROCEDURE TIME: _____