

Yuma Gastro
Dr. Anireddy, Dr. Esker, Dr. Miller
1390 W. 16th Street, Yuma, AZ 85364
Phone (928) 344-4325 Fax (928) 344-3084

Golytely/Miralax Two Day Bowel Preparation

Patient Name: _____

Day and Date of colonoscopy: _____

Arrive at: _____ *A 48 hr notice is required for cancellation of procedure or a \$30 fee will be issued. *

- | | | |
|--|---|--|
| <input type="checkbox"/> Yuma Endoscopy Center
2261 S. Avenue B
(928) 318-2052 | <input type="checkbox"/> YRMC
2400 S. Avenue A
(928) 336-2000 | <input type="checkbox"/> Focused Imaging of Arizona
2270 Ridgeview Dr. #127
(928) 317-0470 |
|--|---|--|

You **MUST** have someone remain with you at the facility until you are discharged and drive you home. If you do not, the procedure will NOT be done.

MEDICINE: Seven days prior to exam, STOP IRON.

PURCHASE: 2 Dulcolax tablets (5mg each-over the counter), and 238 or 255 grams of Miralax (over the counter). 64 oz. bottle of Gatorade any color except red or purple. And fill prescriptions for 1 gallons of Golytely at any pharmacy. If you prefer brand name, advise your pharmacy.

2 Days before Exam

- May eat a light breakfast before 9 a.m.
- **NO SOLID FOOD AFTER 9 a.m.**
- **CLEAR LIQUID DIET ONLY.**
- **Medications:** Take as scheduled (at normal times).
- Pour contents of Miralax in bottle of Gatorade, mix until completely dissolved. You may refrigerate.
- **At 6:00 pm,** drink 1 cup (8 ounces) of the Miralax solution every 15 minutes until you have finished the entire bottle. Finish solution in 2 hours or less.

One Day before Exam

- **CONTINUE CLEAR LIQUID DIET* ONLY.**
- **STOP any chewing tobacco products by 9 am.**
- **At 12:00 pm,** take 2 Dulcolax tablets with a large glass of clear liquid.
- **At 6 pm,** drink 1 cup (8 ounces) of the Golytely every 15 minutes until you have finished the remaining 2 liters. Finish in 2 hours or less.
- **Diabetic Medications:** Take half the usual dosage of insulin or pills.
- **Other Medications:** Take as scheduled (at normal times).

Morning of Exam Please wear comfortable enclosed shoes (no flip flops, no high heels, etc.).

- Refrain from smoking the day of your procedure
- **Five hours prior to your exam,** drink 1 cup (8 ounces) of the Golytely every 15 minutes until you have finished the remaining 2 liters. Finish in 2 hours or less.
- **Three (3) hours before your arrival time, STOP DRINKING LIQUIDS and CHEWING GUM and take your blood pressure and heart medications.**
- **No Diabetic Medications until after your procedure.**

If you have any questions regarding your preparation or to cancel your appointment, call Yuma Gastro at (928) 344-4325

CLEAR LIQUID is any liquid that you can see through. Examples: apple juice, white grape juice, sports drinks, chicken or beef bouillon, and jello (No fruit, toppings, red or purple jello). Do not drink milk or juices with pulp. Avoid red and purple drinks.