

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

BOWEL PREPARATION-Miralax/Dulcolax

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
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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 (5 mg each-over the counter)
238 grams of Miralax (over the counter).
64 oz. bottle of Gatorade any color except red or purple.
If you prefer brand name, advise your pharmacy.

NO MORE THAN 24 HOURS PRIOR TO TEST, Open your Gatorade and spill about 8-10 ounces from the bottle. You may save this to drink later or discard the 8-10 ounces. Empty the 238gram bottle of Miralax into the Gatorade. Shake the bottle to ensure that the powder is dissolved. Miralax will not change the flavor of your Gatorade. You may refrigerate the solution.

Day before Exam

- May eat a light breakfast before 9 a.m.
- STOP any chewing tobacco products by 9 a.m.
- **NO SOLID FOOD AFTER 9 a.m.**
- **CLEAR LIQUID DIET* ONLY.**
- **Diabetic Medications:** Take HALF the usual dosage of insulin or pills.
- *Other Medications: take as usual at normal times.*

Evening before Exam

- At 6pm, 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.
- Take 2 Dulcolax tablets 20 minutes after finishing the solution.

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

- **Refrain from smoking the day of your procedure**
- **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 reschedule/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.