

Yuma Gastro
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DOUBLE PREP WITH MIRALAX/GOLYTELY+DULCOLAX

Patient Name: _____

Date of Colonoscopy: _____

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

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| <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 (5mg each) fill prescription for **Golytely** at any pharmacy and 238 or 255 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.**

Day before Exam:

- **NO SOLID FOOD, *CLEAR LIQUID DIET* ONLY.**
- **STOP any chewing tobacco products.**
- **Diabetic Medications:** Take half the usual dosage of insulin or pills.
- **Other Medications:** Take as scheduled (at normal times).

Day before Exam:

- **At 8:00 am:** drink 1 cup (8oz) of Golytely every 15 minutes until you drink half of the gallon. (Should take 2 hours or less to drink)

Noon (12:00) day Before Exam:

- Take two Dulcolax tablets with a large glass of clear liquid.

Evening Day Before Exam:

- Pour contents of Miralax in bottle of Gatorade, mix until completely dissolved.
- **At 6 pm:** drink 1 cup (8 oz) of Miralax every 15 minutes until you finish the whole bottle. (Should finish in 2 hours or less).

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

- **Refrain from smoking the day of your procedure**
- **Five (5) hours prior to your exam,** drink the remaining Golytely (1/2 Gallon) 1 cup every 15 minutes until finished. Complete Golytely 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.