Bryn Mawr Medical Specialists Endoscopy Center
Miralax Colonoscopy Preparation-Morning Procedure

Appointment Date: _____ Arrival Time: _____

7 Days Prior	5 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
Arrange a ride. You will be sedated for this procedure & must have an escort, over the age of 18, to drive you home. You are not permitted to take a cab or Uber home, unless you are accompanied by a responsible adult (family or friend). Please make necessary arrangements or speak with our office regarding ride concerns. You are not permitted to drive, work, exercise, operate equipment or drink alcohol for the remainder of the day, after your procedure. **If you are diabetic,** please inform your Primary Care Physician or Endocrinologist about your scheduled procedure and discuss your diabetic medications. Adjustments to your medications must be made.	**Check with your insurance company for the following:** -Benefits -Deductible -Co-Pay for outpatient surgery **NOTE**: your final co-pay responsibility will be determined after your claim is submitted. **Stop taking the following medications:** Vitamins, Herbal Supplements, Ibuprofen, Advil, Motrin **If you take Aspirin or blood thinners, such as Coumadin or Plavix, carefully follow the instructions, provided at the time of scheduling, regarding need to hold them.** **You may be asked to contact your cardiologist for special instructions to hold blood thinners.**	***Last Chance to cancel your procedure without a $100 cancellation fee: physician office (610) 525-9570***. Review upcoming dietary needs for the next 2 days. **Purchase the following:** **Miralax:** 8.3 oz. bottle (238 gram, 14 day) Sold over the counter. **Dulcolax laxative 5 mg. tablets (Bisacodyl-generic)** You'll need 4 tablets. Sold over the counter. **64 ounces of Gatorade or low sugar drink**: Propel Fitness Water, Gatorade 2, or Powerade Zero. *No red or purple clear liquids. Stop eating nuts, seeds and berries.	Drink at least 8 glasses of water throughout the day. Begin a "Low residue Diet" today (see handout). Please confirm your ride. 	Start "**Clear Liquid Diet"** (see handout). No food today. After your clear liquid "breakfast", mix the 8.3 oz. bottle of Miralax with 64 ounces of Propel or Gatorade & chill in refrigerator Please drink additional clear liquids throughout the day and evening. At **3pm,** take 4 Bisacodyl pills which you purchased. At **5pm**, begin drinking the Miralax mixture. Drink an 8oz glass every 15-30 minutes **until ½ the mixture is finished.** At **9pm** begin drinking the remainder of Miralax mixture. Drink an 8 oz glass every 15-30 minutes until finished If you vomit or have difficulty with the bowel preparation, please call the Physician on call: (610) 526-0881.	**No food or drink today.** Take your heart and blood pressure medications by 6am with a small sip of water. Be sure to bring your completed paperwork, current insurance card and photo ID with you. Your driver must be present in the endoscopy suite, at the time of discharge. Bry Mawr Medical Specialists Endoscopy Center is located in Suite 330 of the **Bryn Mawr Medical Arts Pavilion** at 825 Old Lancaster Road, Bryn Mawr

****See Reverse Side for Helpful Hints Regarding Your Procedure****

Rev. 7/2018