


Bryn Mawr Medical Specialists Endoscopy Associates
Miralax Colonoscopy Preparation-Afternoon Procedure
Outpatient - Hospital
(610) 525-9570

Appointment Date: _____ Arrival Time _____ Procedure Time _____

*****Call the Hospital Endoscopy Suite the day before your procedure to confirm appointment (484) 337-4139*****

| 7 Days Prior | 5 Days Prior | 3 Days Prior | 2 Days Prior | 1 Day Prior | Procedure Day |
|--|--|--|---|---|--|
| <p>Arrange a ride. You will be sedated for this procedure & must have an escort over the age of 18 to drive you home or the procedure will be cancelled.</p> <p>You will not be able to work, drive, operate equipment, sign important papers, drink alcohol or take sedatives for the remainder of the day.</p> <p>If you are a diabetic, please inform your Primary Care Physician or Endocrinologist regarding your scheduled procedure and discuss necessary oral med/insulin adjustments.</p> | <p>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.</p> <p>Stop taking the following medications: Vitamins, Herbal Supplements, Ibuprofen, Advil, Motrin</p> <p>If you take Aspirin, blood thinners, such as Coumadin or Plavix, please stop if you were instructed to do so at the time of scheduling. You may be asked to contact your cardiologist to confirm this.</p> | <p>Last Chance to cancel or confirm your appointment.</p> <p>Review upcoming dietary needs for the next 2 days.</p> <p>Purchase a 238 gram bottle of Miralax.</p> <p>Purchase 64 ounces of Gatorade or Propel Fitness Water (if you are diabetic) No red or purple flavors.</p> <p>Stop eating nuts, seeds and berries.</p> <p>Please confirm your ride.</p>  | <p>Drink at least 8 glasses of water throughout the day.</p> <p>Start "Low residue Diet" today (see handout).</p> | <p>Start "Clear Liquid Diet" today (see handout).</p> <p>After your clear liquid breakfast mix the 238 grams of Miralax with 64 ounces of Gatorade or Propel. Chill in Refrigerator.</p> <p>At 4 pm take 4 Bisacodyl pills which have been provided by the office.</p> <p>At 6pm, begin drinking the Miralax mixture. Drink an 8oz glass every 15-30 minutes until ½ the mixture is finished.</p> <p>If you vomit the preparation, please call the Physician on call at (610) 526-0881.</p> | <p>*If you take heart and blood pressure medications, please see reverse side for instructions.</p> <p>At 6am begin drinking the remainder of the Miralax mixture. Drink an 8 oz glass every 15-30 minutes until finished</p> <p>Prep must be completed 4 hours prior to arrival time. Then nothing by mouth.</p> <p>Be sure to bring your insurance card. Your driver will need to be present in the endoscopy suite upon discharge.</p> <p>Please report to The Bryn Mawr Hospital, 130 S Bryn Mawr Avenue. Register at the Warden Lobby, then proceed to the Endoscopy Suite located on the 3rd floor.</p> |

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