

**Bryn Mawr Medical Specialists Endoscopy Associates**  
**Miralax Colonoscopy Preparation-Morning Procedure**  
**Outpatient - Hospital**

Appointment Date: \_\_\_\_\_ Arrival 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><b>Arrange a ride.</b>            You will be sedated for this procedure &amp; <u>must</u> have an escort, over the age of 18, to drive you home. You are <u>not</u> permitted to take a cab or Uber home, unless you are accompanied by a responsible adult (family or friend).</p> <p>Please make necessary arrangements or speak with our office regarding ride concerns.</p> <p>You are not permitted to drive, work, exercise, operate equipment or drink alcohol for the remainder of the day, after your procedure.</p> <p><b>If you are diabetic,</b> please inform your Primary Care Physician or Endocrinologist about your scheduled procedure and discuss your diabetic medications. Adjustments to your medications must be made.</p>	<p><b>Check with your insurance company for the following:</b>            -Benefits            -Deductible            -Co-Pay for outpatient surgery  <b>NOTE:</b> your final co-pay responsibility will be determined after your claim is submitted.</p> <p><b>Stop taking the following medications:</b> Vitamins, Herbal Supplements, Ibuprofen (Advil, Motrin) or Aleve.</p> <p><b>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.</b></p> <p><b>You may be asked to contact your cardiologist for <u>special instructions</u> to hold blood thinners or aspirin.</b></p>	<p><i>*Last Chance to cancel your procedure without a \$100 cancellation fee: physician office (610) 525-9570.</i></p> <p>Review upcoming dietary needs for the next 2 days.</p> <p><b><u>Purchase the following:</u></b></p> <p><b><u>Miralax:</u></b> 8.3 oz. bottle (238 gram, 14 day) Sold over the counter.</p> <p><b><u>Dulcolax laxative 5 mg. tablets (Bisacodyl-generic)</u></b> You'll need 4 tablets. Sold over the counter.</p> <p><b>64 ounces of Gatorade or low sugar drink:</b> Propel Fitness Water, Gatorade 2, or Powerade Zero.            *No red or purple clear liquids.</p> <p>Stop eating nuts, seeds and berries.</p>	<p>Drink at least 8 glasses of water throughout the day.</p> <p>Begin a "<b>Low residue Diet</b>" today (see handout).</p> <p>Please confirm your ride.</p> <div align="center" data-bbox="1060 690 1333 868"> </div>	<p>Start "<b>Clear Liquid Diet</b>" (see handout).            No food today.</p> <p>After your clear liquid "breakfast", mix the 8.3 oz. bottle of Miralax with 64 ounces of Propel or Gatorade &amp; chill in refrigerator. Please drink additional clear liquids throughout the day and evening.</p> <p>At <b>3pm</b>, take 4 Bisacodyl pills which you purchased.</p> <p>At <b>5pm</b>, begin drinking the Miralax mixture. Drink an 8oz glass every 15-30 minutes <b>until 1/2 the mixture is finished.</b></p> <p>At <b>9pm</b> begin drinking the remainder of Miralax mixture. Drink an 8 oz glass every 15-30 minutes until finished</p> <p><b>Nothing to drink after midnight.</b>            If you vomit or have difficulty with the bowel preparation, please call the Physician on call: (610) 526-0881.</p>	<p><b>No food or drink today until after your procedure.</b></p> <p>Take your heart and blood pressure medications by 6am with a small sip of water.</p> <p>Be sure to bring your completed paperwork, current insurance card and photo ID with you.</p> <p>Your driver must be present in the endoscopy suite, at the time of discharge.</p> <p><b>The Bryn Mawr Hospital is located at 130 S. Bryn Mawr Avenue.</b>            Please report to <b>The Warden Lobby to register</b>, then proceed to the Endoscopy Suite located on the 3<sup>rd</sup> floor.</p>

**\*\*Please See the Attached Important Information Regarding Your Procedure\*\***

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