


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

Appointment Date: _____ Arrival Time _____

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 & <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 ride 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>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.</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 or blood thinners, such as Coumadin or Plavix, carefully follow the instructions, provided at the time of scheduling, regarding need to hold them.</p> <p>You may be asked to contact your cardiologist for special instructions to hold blood thinners.</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><u>Purchase the following:</u></p> <p><u>Miralax:</u> 8.3 oz. bottle (238 gram, 14 day) Sold over the counter.</p> <p><u>Dulcolax laxative 5 mg. tablets (Bisacodyl-generic)</u> You'll need 4 tablets. Sold over the counter.</p> <p>64 ounces of Gatorade or low sugar drink: 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 "Low residue Diet" today (see handout).</p> <p>Please confirm your ride.</p> 	<p>Start "Clear Liquid Diet" today (see handout). <u>No</u> solid food today.</p> <p>After your clear liquid "breakfast", mix the 8.3 oz bottle of Miralax with 64 ounces of Propel or Gatorade. Chill in Refrigerator.</p> <p>At 4 pm take (4) Bisacodyl pills that you purchased.</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>Please continue to drink additional clear liquids throughout the day and evening.</p> <p>If you vomit or have difficulty with the bowel preparation, please call the Physician on call: (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 The bowel prep <u>must</u> be completed 4 hours prior to your arrival time. <u>Then nothing by mouth.</u></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>Bryn Mawr Medical Specialists Endoscopy Center is <u>located</u> in Suite 330 of the <u>Bryn Mawr Medical Arts Pavilion</u> at 825 Old Lancaster Road, Bryn Mawr- NOT at Bryn Mawr Hospital.</p>

See Reverse Side for Helpful Hints Regarding Your Procedure

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