

**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
<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>Stop taking the following medications:</b> Vitamins, Herbal Supplements, Ibuprofen (Advil, Motrin) or Aleve.</p> <p><b>If you take Aspirin as requested by a cardiologist:</b> <b><u>DO NOT</u> stop Aspirin</b></p> <p><b>If you take Aspirin for general health and not because of cardiac reasons:</b> <b><u>DO</u> stop Aspirin</b></p> <p><b>If you take blood thinners, such as Coumadin or Plavix, <u>carefully follow the instructions, provided at the time of scheduling, regarding need to hold them. You may be asked to contact your cardiologist for <u>special instructions</u> to hold blood thinners.</u></b></p> <p><b>Check with your insurance company for the following:</b> -Benefits -Deductible -Co-Pay for outpatient surgery Co-Pays and deductibles are paid the day of your procedure.</p>	<p><i><b>*Last Chance to cancel your procedure without a \$100 cancellation fee: physician office (610) 525-9570.</b></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>Remember to fill out your <b>online health history</b> from the link sent to your email address. If you do not have access to email or have trouble accessing it, a nurse will call you 1 day prior to your appointment and take your health history over the phone. Please allow time for this phone call.</p>	<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 2 Dulcolax (Bisacodyl) tablets</p> <p>At <b>5pm</b>, begin drinking the Miralax mixture. Drink an 8oz glass every 15-30 minutes <b>until ½ the mixture is finished.</b></p> <p>At <b>7pm</b>, take 2 Dulcolax (Bisacodyl) tablets</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>No Cannabis use of any form after midnight.</p> <p>Take your heart and blood pressure medications by 6am with a small sip of water.</p> <p>Be sure to bring your current insurance card and photo ID with you.</p> <p>Your driver must be present at time of discharge.</p> <p>Bryn Mawr Medical Specialists Endoscopy Center is located in Suite 330 of the <b><u>Bryn Mawr Medical Arts Pavilion</u></b> at 825 Old Lancaster Road, Bryn Mawr- <b><u>NOT</u></b> at Bryn Mawr Hospital</p>