

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>Stop taking the following medications: Vitamins, Herbal Supplements, Ibuprofen (Advil, Motrin) or Aleve.</p> <p>If you take Aspirin as requested by a cardiologist: <u>DO NOT</u> stop Aspirin</p> <p>If you take Aspirin for general health and not because of cardiac reasons: <u>DQ</u> stop Aspirin</p> <p>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 to hold blood thinners.</u></u></p> <p>Check with your insurance company for the following: -Benefits -Deductible -Co-Pay for outpatient surgery Co-Pays and deductibles are paid the day of your procedure.</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>Remember to fill out your online health history 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 “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 (2) Dulcolax (bisacodyl) tablets</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>At 8 pm take (2) Dulcolax (bisacodyl) tablets</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>Take heart and blood pressure medications.</p> <p>At 6am begin drinking the remainder of the Miralax mixture. Drink an 8 oz glass every 15-30 minutes until finished <u>The bowel prep must be completed 4 hours prior to your arrival time. Then nothing by mouth.</u></p> <p>No Cannabis use of any form after midnight.</p> <p>Be sure to bring your 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 <u>is located</u> in Suite 330 of the <u>Bryn Mawr Medical Arts Pavilion</u> at 825 Old Lancaster Road, Bryn Mawr- <u>NOT</u> at Bryn Mawr Hospital.</p>