

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

7 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Please review the Pre-Procedure Instructions for IMPORTANT information regarding diet, medication, and lifestyle alterations that may affect your Prep.</p> <p>Please take the time to sign in to and complete the online health history questionnaire. The link should have been sent to your email address from noreply@bmmsa.com. If you are unable to sign in to the online health history questionnaire or have technical difficulties, an Endoscopy nurse will call you a day or two prior to your procedure to answer these questions over the phone.</p> <p>If you have frequent constipation, please call the office for special prep instructions. 610-525-9570.</p>	<p>Begin a “Low residue Diet” today (see handout).</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 a low sugar electrolyte 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>Continue a “Low residue Diet” today (see handout).</p> <p>If you have not filled out your online health history questionnaire, please complete this today or allow time to speak with the Endoscopy nurse when they call.</p>	<p>Start “Clear Liquid Diet” (see handout). No solid food today.</p> <p>After your clear liquid "breakfast," mix the 8.3 oz. bottle of Miralax with 64 ounces of Gatorade (or other electrolyte drink) & chill in refrigerator. Please drink additional clear liquids throughout the day and evening.</p> <p>At 3pm, take <u>2</u> Dulcolax (Bisacodyl) tablets</p> <p>At 5pm, begin drinking the Miralax mixture. Drink an 8oz glass every 15-30 minutes until ½ the mixture is finished.</p> <p>At 7pm, take <u>2</u> Dulcolax (Bisacodyl) tablets</p> <p>At 9pm begin drinking the remainder of Miralax mixture. Drink an 8 oz glass every 15-30 minutes until finished</p> <p>If you vomit the preparation or have other medical concerns, please call the Physician on call at (610) 526-0881.</p>	<p><u>Clear Liquid Diet</u> today up until 4 hours prior to your appointment.</p> <p>NOTHING BY MOUTH FOR 4 HOURS PRIOR TO YOUR APPOINTMENT!!</p> <p>Please arrive 45 minutes prior to your appointment.</p> <p>Bryn Mawr Medical Specialists Endoscopy Center is located 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> <p>You must have a responsible adult drive you home and they must be present in our Endoscopy Center upon discharge.</p>

Visit our website at www.BMMSA.com/endoscopy