

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

7 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Please review the <b>Pre-Procedure Instructions</b> for <b>IMPORTANT</b> 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 <b>online health history questionnaire</b>. The link should have been sent to your email address from <a href="mailto:noreply@bmmsa.com">noreply@bmmsa.com</a> 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.  <b>610-525-9570.</b></p>	<p>Begin a “<b>Low residue Diet</b>” today (see handout).</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 a low sugar electrolyte 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>Continue a “<b>Low residue Diet</b>” 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 “<b>Clear Liquid Diet</b>” (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) &amp; chill in refrigerator. Please drink additional clear liquids throughout the day and evening.</p> <p>At <b>4 pm</b> take (2) Dulcolax (bisacodyl) tablets</p> <p>At <b>6pm</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>8 pm</b> take (2) Dulcolax (bisacodyl) tablets</p> <p>Please continue to drink additional clear liquids throughout the day and evening.</p> <p>If you vomit the preparation or have other medical concerns, please call the <b>Physician on call</b> at (610) 526-0881.</p>	<p>At <b>6am</b> begin drinking the remainder of the Miralax mixture. Drink an 8 oz glass every 15-30 minutes until finished  <b>The bowel prep <u>must be completed 4 hours prior to your arrival time. Then nothing by mouth.</u></b></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 <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> <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](http://www.BMMSA.com/endoscopy)*