



820 Bestgate Road Suite 1A
Annapolis, Maryland 21401
410-224-2116



Colonoscopy with Miralax Prep

Your Procedure:

You are scheduled for a colonoscopy. The doctor will examine the lining of your large intestine with a colonoscope. If polyps or other abnormalities are found during the procedure, the doctor will remove the abnormal tissue for further evaluation.

Patient Name: _____
 Date of Procedure _____
 Arrival Time _____
 Procedure Time _____
 Place: Maryland Center for Digestive Health
 Bestgate Medical Clinic
 820 Bestgate Road, Suite 1A
 Annapolis, Maryland 21401
 AAMC (Anne Arundel Medical Center)

YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY

1 Week Prior	5 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Purchase the following:</p> <p>-Bisacodyl, 20mg</p> <p>-64oz clear/non-colored Gatorade or PowerAde</p> <p>-Miralax 238gm Bottle</p> <p>Follow these instructions, not the box instructions.</p> <p>If you take dietary, herbal or fiber supplements or medications containing iron, including multi-vitamins with iron, discontinue these 7 days before your appointment.</p> <p><u>If you are taking blood thinners including Coumadin (Warfarin), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Effient (Prasugrel) and Eliquis (Apixaban), you will need an office visit prior to your procedure.</u></p> <p>You may <u>continue</u> your “baby” aspirin and regular aspirin if you were prescribed them for a cardiovascular condition.</p>	<p>Begin low fiber diet.</p> <p>Stop consuming all high-fiber foods. This includes food with seeds and nuts.</p> <p>If you are taking <u>Plavix (Clopidogrel) stop taking it today.</u></p> <p>If you are taking ibuprofen (Advil, Nuprin or Motrin) or other non-steroidal (NSAID) anti-inflammatory medications, <u>stop taking them today.</u> Tylenol and Celebrex are okay to use.</p>	<p>Continue low fiber diet.</p> <p>Drink at least four 8oz glasses of water throughout the day.</p> <div style="text-align: center;">  </div> <p style="text-align: center;">No solid foods after midnight!</p>	<p>Begin clear liquid diet. No solid foods today. Red, purple or orange colored liquids are not allowed. You may have small amounts of coffee or tea without cream.</p> <p>Drink at least four 8oz glasses of water throughout the day.</p> <div style="text-align: center;">  </div> <p>3:00 pm Take Bisacodyl 10 mg.</p> <p>5:00 pm Thoroughly mix the entire bottle of Miralax in the bottle of “clear” Gatorade or PowerAde (you may want to pour 8oz out of the bottle before mixing) Do Not Refrigerate longer than 1 hour before starting your prep. Do not over chill.</p> <p>6pm: Drink one 8oz glass of Miralax and “clear” Gatorade or PowerAde. Repeat every 15-45 minutes until you finish the 64 ounces.</p> <p>8pm: Take 10mg of Bisacodyl with a glass of water.</p> <p>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</p>	<p><u>NOTHING by mouth at least 4 hours prior to your scheduled procedure time – including gum, tobacco, hard candy/mints!</u></p> <p>You may take your essential morning medications with a few small sips of water, at least 4 hours prior to your procedure, unless otherwise directed by your physician.</p> <p>You will need:</p> <ul style="list-style-type: none"> -Insurance Cards -Driver’s License/Photo ID -Any co-insurance fees due -A responsible adult driver to drive you home - Referral

You will receive your procedure results via the portal. Visit www.aagastro.com to sign up today.

Phone: 410-224-2116 Fax: 410.224.2118