



Miralax Prep Kit

(Constipation)

PROCEDURE DATE: _____

ARRIVAL TIME: _____

WHAT YOUR KIT CONTAINS:

- 1 Bottle of Miralax Powder 238g
- 4 Dulcolax tablets
- 2 – 10 Ounce Bottle of Magnesium Citrate

WHAT YOU WILL NEED TO PURCHASE:

64 ounces of Gatorade (NO RED) or Propel water (If Diabetic)

THE \$15.00 FEE FOR THIS IS NON REFUNDABLE
WE CANNOT TAKE BACK MEDICATION THAT HAS ALREADY BEEN DISPENSED

To ensure that Dr. Nuako gets the best view possible you MUST follow the instructions on the back of this page.

PREPARING FOR YOUR PROCEDURE

2 DAYS BEFORE YOUR TEST:

DO THIS ON: _____

➡ Avoid foods with seeds, nuts, uncooked vegetables, lettuce and any red liquids.

➡ At 7:00 p.m. drink one 10 oz bottle of Magnesium Citrate .

THE DAY BEFORE YOUR PROCEDURE:

DO THIS ON: _____

➡ YOU MUST BE ON A **CLEAR LIQUID DIET** THIS ENTIRE DAY!! THIS IS VERY IMPORTANT (SEE CLEAR LIQUID DIET)
The more liquids you take in, the better your preparation will work.

➡ At 4:00 p.m., take **4 Dulcolax (bisacodyl) tablets**. YOU CANNOT MISS THIS!

➡ Mix the entire bottle of Miralax with the 64 ounces of Gatorade (or Propel Water if diabetic) in a large container and stir until dissolved well.

➡ At 5:00 p.m., **start drinking** your 64 ounces of Gatorade or Propel mixture. Drink one 8 ounce glass every 15 minutes until you have drank ALL off your solution. Continue to drink clear liquids throughout the evening but **stop drinking at midnight**.

THE DAY OF YOUR PROCEDURE:

DATE: _____

➡ **4 Hours prior to your procedure**, drink one 10 ounce bottle of Magnesium Citrate. (This is best if chilled) THE CORRECT TIMING IS ESSENTIAL TO AN EFFECTIVE PREP.

➡ Go to Summit Endoscopy Center to complete your colonoscopy at your appointed time.

If you have ANY questions or concerns, please call the office at (731) 884-0600 and ask to speak to a nurse. They will be happy to assist you.

Cancellations MUST be made at least three (3) days in advance. Two (2) hours or more have been set aside especially for you. We must have plenty of advance notice if you plan to cancel so someone else can be booked in your place.



CLEAR LIQUID DIET

This diet is to be followed for one (1) day prior to your procedure.

What is safe to eat or drink?

Water

Ice

Tea (sweet or unsweet)

Coffee (NO milk or creamer)

Clear Bouillon (chicken or beef)

Consomme

Broth (chicken or beef)

Apple Juice

Grape Juice

Jello (NO RED or any flavors containing RED DYE)

Carbonated Beverages (Lighter flavors are preferred)

Lemonade (use mix only – NO fresh squeezed or those containing pulp)

Popsicles (NO RED, NO PUDDING POPS, NONE with fruit pieces)

Gatorade (this is excellent for you because it contains electrolytes that will keep you from feeling so weak.)

Hard Candy (suck on candy, DO NOT chew it)

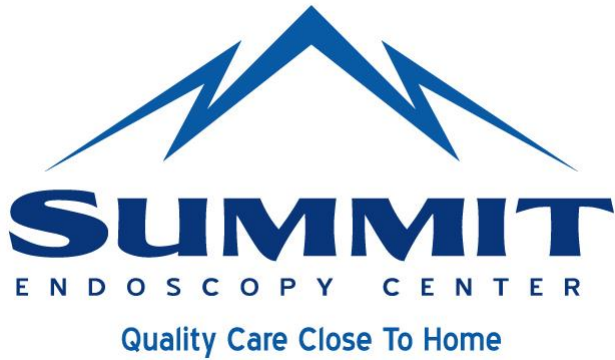
THINGS YOU SHOULD NOT HAVE:

MILK

ORANGE JUICE

ANYTHING CONTAINING PULP

If this diet is not followed completely during specified times along with the colon preparation that you chose you will **NOT** achieve the desired results and could possibly have to reschedule your procedure.



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Fax: (731) 885-3692

Kofi Nuako, M.D.
Gastroenterologist

IMPORTANT INSTRUCTIONS

- You **MUST** bring a driver; someone **MUST** stay in the center while the test is being performed. This is in case the physician needs to speak with someone urgently.
- DIET: YOU **MUST NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT!** Unless otherwise specified.
- **NO** hard candy, gum, or chewing tobacco the morning of your procedure.
- For the privacy of all patients, we ask **NO** children be in the pre and post operative area. Please turn off cell phone when entering the pre and post operative area.
- **NO** jewelry to be worn on the day of procedure.
- **YOU WILL NOT BE ABLE TO DRIVE, WORK, OR OPERATE HEAVY MACHINERY FOR 12 HOURS AFTER PROCEDURE.**

THINGS TO BRING ON THE DAY OF YOUR PROCEDURE:

- Any Inhalers
- Wear Socks
- Extra clothing

It is our aim at Summit Endoscopy Center to provide efficient, personalized care to you. We have therefore reserved a specific time for your procedure.

If you decide to cancel your test, we ask that you inform us **3 days** in advance so that we can reschedule your test. This helps us to better care for all of our patients and deal with any insurance issues.