

MaineGeneral Gastroenterology

Appointment Date: _____

Arrival Time: _____

Appointment Time: _____

Procedure Location:

**MaineGeneral Endoscopy
Alfond Center for Health, 2nd Floor
35 Medical Center Parkway
Augusta, ME 04330**

Preparation for Colonoscopy with MiraLAX® Max Prep

Do these things **seven days before your procedure:**

- Purchase MiraLAX® and Dulcolax®. You can buy these over the counter at the pharmacy.
- Arrange for a ride home after your colonoscopy. You will receive medication that makes you relax and feel sleepy, so you cannot drive yourself home after your colonoscopy. If you come without your driver, your procedure will be rescheduled.
- Stop taking iron.
- If you are taking blood thinners please call 621-4600 option 2.
- **Do not stop your aspirin regimen unless our office tells you to stop.**
- Mix 238 grams MiraLAX® in 64 oz. of a clear liquid. Drink an 8 oz. glass every 15 minutes until gone.

Do these things **six days before your procedure:**

- Confirm your ride.
- If you need to cancel your appointment, call 621-4600 and choose option 3.
- Review the diet you need to follow for the next 3 days. Plan your meals according to this diet.
- Begin taking MiraLAX®, 17 grams, 1-2 times daily in 8 ounces of clear liquid.

Do these things **three days before your procedure:**

- Drink at least 8 glasses of fluid throughout the day.
- Stop eating seeds, popcorn, nuts and whole grains.
- Stop eating fresh fruits and vegetables.

Do these things **two days before your procedure:**

- At 6 p.m. take 3 Dulcolax®/Bisacodyl tablets.
- Begin a clear liquid diet after your evening meal. If you put a liquid in a clear glass and you can see through it, it is okay to drink. A clear liquid can include:
 - Apple, white grape and cranberry juices
 - Beef or chicken broths that are clear
 - Clear sodas, Gatorade®, Kool-Aid® and various JELL-O flavors (any color except red or orange).
- **If you are diabetic**, see reverse side of instructions.
- Avoid: Juices with pulp, milk, cream and solid food.

Do these things **one day before your procedure:**

Fill a container with 64 ounces of Gatorade® (or other clear liquid) and add 238 grams of MiraLAX®.

- At 3 p.m.: Take 2 Dulcolax®/Bisacodyl tablets
- At 6 p.m.: Start drinking the MiraLAX® mixture. Drink one full glass every 15 minutes until the container is empty. Try to drink one full glass at a time instead of sipping.
- The MiraLAX® mixture will cause you to have many bowel movements. This is needed so you have a clean colon for the procedure. If you have problems completing this preparation, call 621-4600, option 3.
- At 9 p.m.: Take 2 Dulcolax®/Bisacodyl tablets

Do these things **the day of your procedure:**

- Take your heart and blood pressure medications with a sip of water.
- You may have clear liquids until 3 hours before the procedure.
- Arrive 30 minutes before your appointment.

Guidelines for patients with diabetes on back

If you have problems with this preparation, call 621-4600 and choose option 2. If you call after hours, you will reach the answering service staff who will page the doctor on call.

Guidelines for Patients with Diabetes

Drink plenty of clear liquids that contain sugar.

- Avoid caffeinated drinks. They can cause dehydration.
- Check your blood glucose (sugar) at least every 2 to 4 hours and record the results.
- Check your blood sugar the morning of the procedure. If it is low, call Endoscopy at 621-4600. If you call before 8:30 a.m., the answering service will page the doctor on call for you.

If you use long-acting insulin:

- Take your long-acting insulin as prescribed. These include LANTUS®, Levemir® or your insulin pump.

If you use short- or medium-acting insulin:

- Cut back to half the usual dose the day before your procedure.

If you take oral agents (pills):

- Take your pills as directed the day before your test.
- On the day of your test, do not take your pills until **after** your procedure.