



GRANITE STATE G.I.

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**PREPARATION FOR COLONOSCOPY WITH MIRALAX
DIABETIC PATIENT/SPLIT DOSE**

Please check your insurance company for coverage and deductible

THREE (3) DAYS PRIOR TO THE PROCEDURE:

- A. Eat light, (smaller portions at mealtime. Avoid fried food, red meat, nuts or seeds (i.e.berries, jams, tomatoes, cucumbers, strawberries, sesame seeds).
- B. **No iron or calcium supplements, multivitamins in pill form.**

DAY PRIOR TO THE PROCEDURE:

MIX 1ST DOSE MORNING PRIOR TO PROCEDURE

MAY START 1ST DOSE ANYTIME BETWEEN NOON AND 6 PM

MIX 2ND DOSE NIGHT PRIOR TO PROCEDURE WARM THEN REFRIGERATE

If you are diabetic and taking pills, do not take them on the day of your appointment. Call your managing doctor for instructions. If you take insulin, call our managing doctor and ask for instructions regarding your insulin.

- A. A clear liquid diet ALL DAY. This may include plain tea, black coffee, clear broth, Jell-O soda, popsicles, fruit juices.
- B. **NO LIQUIDS CONTAINING RED OR PURPLE DYE, ONLY CLEAR, YELLOW, GREEN, BLACK, BROWN. NO DAIRY PRODUCTS ALL DAY.**
- C. If you are hungry, you may add glucerna to your diet.
- D. No later than 6 p.m. start first dose of Miralax

***How to mix Miralax:** Take one (1) 238 gram bottle of Miralax in 64 oz. of Gatorade (**no Red coloring**) only **CLEAR, YELLOW, GREEN, NO DAIRY**. Drink an 8 oz. glass every 15-20 minutes until all of the 64 oz. is consumed (this will take approximately 1-1/2 – 2 hours). Walking around will help with the purging.

RECOMMENDATION ONLY: WHEN DRINKING THIS PREP USING A STRAW MAY HELP.

DAY OF THE PROCEDURE:

NO GLUCERNA on the day of procedure.

- A. No later than 4 ½ hours start second dose of Miralax.
Drink an 8 oz. glass every 15-20 minutes until rectal output is the color of urine.
- B. Three hours prior to the procedure take either OTC Phazyme or Simethacone Gas pills (take the recommended dose as stated on the package). The simethicone is to reduce gas bubbles and improve visualization of the colon. **STORE BRANDS ARE LESS EXPENSIVE.**
- C. Please **STOP ALL** clear liquids 3 hours before time of procedure as well as chewing gums and mints.
- D. Please arrive at Nutfield Building/Entrance D Suite 103 one hour prior to the procedure. If you are scheduled at Bedford Ambulatory Surgical Center please arrive at your scheduled procedure time.
- E. Bring a list of your current medications with dosages and a list of allergies with you. Leave all jewelry at home.
- F. You will need a ride home approximately ½ - 1 hour after the procedure. Due to sedation, the hospital will **NOT**

allow you to drive yourself home or take a taxi after the procedure. You must obtain a ride home from someone you know.

G. Rest at home the remainder of the day. Memory, coordination and judgement may be impaired the date of the test.

IF YOU SHOULD HAVE ANY PROBLEMS/QUESTIONS REGARDING THE PREP AFTER OUR NORMAL BUSINESS HOURS PLEASE CALL 432-8802. THE ANSWERING SERVICE WILL PAGE THE ON-CALL DOCTOR

SPECIAL INSTRUCTIONS

BLOOD PRESSURE AND HEART MEDICATIONS: MAY BE TAKEN AS USUAL MORNING OF PROCEDURE. ALL OTHER MEDICATIONS SHOULD BE HELD AND RESUMED AFTER PROCEDURE.

FOLLOW-UP OF RESULTS: BY LETTER OR CALL IF NEEDED