



COLONOSCOPY ORDER & MIRALAX PREP PACKET

Procedure Date: _____

Arrival Time: _____ am/pm

Procedure Time: _____ am/pm

Ordering Physician

Dr. Ranvir Singh
Dr. Stephen Rashbaum
Dr. Nitin Parikh

Procedure Location:

Digestive Care Endoscopy

Emory Johns Creek Outpatient

Northside Forsyth Outpatient

You will be charged \$250 if you no show, cancel/reschedule without 48 hours notice. 770-227-2222

BOWEL PREP:

1. You will need to go to your local pharmacy and purchase 4 Dulcolax Tablets, 64 oz. of Gator-Ade (CLEAR) and a 238 gm. Bottle of Miralax(All Over the counter- No Written Rx required).
2. At **1:00 P.M.** On the day prior to your scheduled exam, please mix your entire bottle of Miralax into your full bottle of Gator-Ade and shake until dissolved. Refrigerate.
3. At **3:00 P.M.** You will start your prep by taking 2 Dulcolax tablets by mouth.
4. At **5:00 P.M.** You will drink one 8 oz. glass of Miralax/Gator-Ade Mixture. Repeat this process every 15-45 minutes until you have finished the entire bottle of the 64oz of Gator-Ade(This process may take up to 1-2 hours)
5. At **7:00 P.M.** You will take 2 more Dulcolax tablets by mouth with your last glass of Miralax/Gator-Ade Mixture.



6. **NOTE: YOU MAY HAVE NOTHING TO EAT, DRINK, SMOKE OR CHEW AFTER MIDNIGHT**

DRIVING INSTRUCTIONS:

Please arrange for a responsible adult to drive you to and from the facility. They must plan on staying at the facility during the procedure. Your procedure may be cancelled should you arrive without a driver.

It is best if you can have a responsible adult with you for at least 8-hours following your procedure.

You will not be permitted to drive for 24-hours after the procedure due to anesthesia. You should also refrain from making any important and financial decisions during this time.

INSURANCE NOTE:

Please bring your driver's license and insurance card to every appointment; even your procedure.

Remember it is your responsibility to contact your insurance company to verify your insurance coverage for this procedure.

You may want to bring or wear warm socks, as the procedure area tends to be cool.

MEDICATIONS:

-Take your **Heart & Blood Pressure** medications as instructed unless your doctor instructs you otherwise.

-If you have **Diabetes**, please follow the instructions below:

*Do not take your diabetes **pills** the morning of the procedure. Feel free to bring them with you to take following the procedure.

*If you take **Regular Insulin**, do not take it the morning of your scheduled procedure. Please bring it with you to take following your procedure.

*If you take NPH, or Lantus-type Insulin, take ½ of your regular dose the morning of your scheduled procedure.

-Do NOT take any of the following Medications:

*Coumadin-**Stop 3 Days Prior**

*Plavix, Aspirin, Ibuprofen, Iron and Multivitamins-**Stop 7 Days Prior**

Please remove all jewelry prior to your procedure.