

COLONOSCOPY ORDER & MIRALAX PREP PACKET

Procedure Date: _____

Procedure Location:

Arrival Time: _____ am/pm

Dr. Ranvir Singh

Dr. Stephen Rashbaum

Emory Johns Creek Outpatient

Procedure Time: _____ am/pm

Northside Forsyth Outpatient

You will be charged \$250 if you no show, cancel/reschedule within 48 hours. 770-227-2222

Johns Creek Endoscopy Suite

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.

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.