

Southview Medical Group P.C.

Gastroenterology

ST. VINCENT'S POB II, SUITE 406
2700 10TH AVENUE SOUTH
BIRMINGHAM, ALABAMA 35205

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Two Day Prep with Miralax day one and Miralax prep day two.

Please read all instructions as soon as possible so that you are adequately prepared.

St. Vincent's Hospital Policy:

You will be sedated and must have a driver. Your driver MUST stay with you, present with you to the GI lab and stay in the facility so they may be readily available to take you home. Bring a list of your medications. (Female patients: if you have a menstrual cycle you will need a full bladder as you will be given a urine pregnancy test.)

Two day prep for colonoscopy with Miralax (2-14 DOSE bottle) which is over the counter. You will also need a total of 8 Dulcolax laxative tablets. Please read all instructions as soon as possible.

If you are diabetic, a renal patient or are taking blood thinners/anticoagulants such as Coumadin, Plavix, Prasugrel or Aggrenox-please contact our office for further instructions.*****

Day One, _____, you can have a Full Liquid Diet only. Examples: Cream of Wheat, Cream of Rice, milkshakes, ice cream, pudding, custard, malt, Jell-O, cream soups, juices without pulp, sodas, tea, coffee, water. (NO RED or PURPLE.)

I. At 1:00 p.m. take 2 Dulcolax tablets.

2. At 3:00p.m. mix one bottle of Miralax in 64 oz of Gatorade, OR Crystal Light, OR water. Mix the solution until the Miralax is dissolved. Drink an 8 oz every 15 minutes until the solution is gone.

3. At 5:00 p.m. take the last 2 Dulcolax tablets.

4. Continue drinking clear liquids until bedtime

Day Two/Date: _____, you will need to be on a full Clear Liquid Diet.

Clear liquids include: Water, strained fruit juices without pulp, (apple, white grape, white cranberry, lemonade), clear broth or bullion, coffee, tea, (without milk and creamers), Jell-O, Kool-Aid, Gatorade, popsicles, carbonated drinks such as Coke, Pepsi, etc. (NO RED OR PURPLE) NOTE: Liquids such as Sprite, 7-llp, and Ginger Ale may also help with nausea.

I. At 1:00 p.m. take 2 Dulcolax tablets.

2. At 3:00p.m. mix one bottle of Miralax in 64 oz of Gatorade, OR Crystal Light, OR water. Mix the solution until the Miralax is dissolved. Drink an 8 oz every 15 minutes until the solution is gone.

3. At 5:00p.m. take the last 2 Dulcolax tablets.

4. Continue drinking clear liquids until bedtime.

Day of the Procedure: Do not eat or drink after midnight. DATE: _____ TIME: _____ a.m. p.m.

Register at GI LAB 2nd Floor of Main Hospital. (There will be signs to direct you.) Call office if questions @ 205-933-0960.