

Suprep with Miralax for Colonoscopy

Your Colonoscopy is scheduled on Date: _____ at Time: _____

You should arrive at Time: _____ Location of Procedure: _____

Please Note: The arrival time is earlier than the procedure time. This will allow for preparation time. You MUST have a DRIVER to take you home. The driver must remain at the facility for the duration of your stay. If you do not have a driver present, your procedure will be canceled.

Confirmation of appointment: You will be called 7 days prior to your procedure. If we do not reach you, we will continue calling up until 3 days prior to your scheduled procedure.

Please Note - If we do not receive a phone call from you, your procedure will be cancelled. You may leave a message at the office to confirm, cancel or reschedule.

If you take a blood thinner listed below, follow your physician's instructions for when to stop:

Pletal (Cilostazol), Jantoven, Plavix (Clopidogrel), Ticlid, Coumadin, Warfarin, Persantine (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto, Pradaxa (Dabigatran).

If you are a diabetic with an insulin pump, please contact your endocrinologist to help manage your insulin.

1 week prior:

*Purchase the following:

Suprep Bowel Kit which was called into your local pharmacy

-- Purchase Miralax over-the-counter at your local drugstore.

-- Purchase clear liquids such as broth, popsicles, tea, coffee, water, jello (lime, lemon, pineapple, banana or peach flavors), Gatorade and soft drinks. (No red or purple) liquids for your clear liquid diet.

Four (4) days before your procedure: Date: _____

*STOP ALL Iron supplements or multivitamins with Iron, Herbal and homeopathic supplements

CONTINUE: Your medications for your heart, blood pressure, asthma, aspirin or other chronic medical conditions unless otherwise instructed by your physician. This is very important.

Begin taking Miralax 17 grams twice a day for three (3) days. You will take Miralax twice a day for the next 3 days.

*Please avoid foods with seeds, nuts, fruit/vegetables with skin and corn until after the procedure.

Last chance to cancel your appointment. Call our office number if you need to reschedule your procedure or have any questions 828-254-0881

Three (3) days before your procedure, Date: _____

Continue taking Miralax 17 grams by mouth twice a day.

Two (2) days before your procedure, Date: _____

Continue taking Miralax 17 grams by mouth twice a day.

One (1) day before your procedure, Date: _____

Begin clear liquid diet in the morning. No solid food or milk products, avoid red or purple liquids.

Drink plenty of fluids today for hydration.

If you are a diabetic:

Insulin pump: Follow your endocrinologist instructions.

Oral Diabetic: Take half your normal dose.

Insulin-dependent diabetic: Take half your normal dose.

**At 5pm: Pour 1 (6 oz) bottle of Suprep liquid into the container provided. Add cold water to the 16 oz line. Drink ALL the liquid over an hour.

**At 6pm: Follow prep with two more 16 oz cups of water, over the next hour.

**If you experience nausea or vomiting, take a 15-20-minute break then continue drinking prep solution. You may use Vaseline as needed for a sore bottom and it may take up to several hours for your first bowel movement to occur.

The day of your Colonoscopy Procedure, Date: _____

*6 hours before STOP SMOKING and / or CHEWING TOBACCO

*5 hours prior to your procedure Time: _____, Pour 1 (6 oz) bottle of Suprep liquid into the mixing container. Add cold water to the 16 oz line. Drink ALL the liquid.

* Drink two more 16 oz containers of cold water over the next hour.

***You may continue to drink clear liquids until 3 hours before your procedure.**

*After your prep, the results should appear clear yellow or clear green liquid with no matter. If not, call our office at _____ and the operator will transfer your call to the endoscopy nurse.

DO NOT have anything by mouth 3 hours before your procedure, Time: _____

No Gum, Mints, Hard Candy, or Chewing Tobacco 3 hours prior to your procedure.

*If you take Heparin or Lovenox: Do not take the day of your procedure.

*If you are a diabetic, please hold all diabetic medications. You may bring them with you.

*Take your morning medication, with the exception of those listed above, with a sip of water at least 3 hours before your procedure, unless otherwise instructed by your physician.

Be sure to bring the following:

**Responsible adult driver to stay with you and drive you home. Your procedure will not start without your driver present.

*Insurance cards and photo I.D./License

*Any co-insurance fees due