



Brandywine GI Associates

PREPARATION FOR COLONOSCOPY:

Follow the directions as explained to you in the office.

Purchase Miralax 238 gm and a 119 gm bottle, Dulcolax laxative (bisacodyl) 4 tablets. All items are available at any pharmacy. You will also need to purchase a 64 ounce bottle and a 32 oz. of Gatorade any color except RED or Purple. An alternative is orange flavored Pedialyte.

Please make sure you have clear liquids available for the preparation day. Clear liquids include plain jello, apple juice, white grape juice, hot and cold tea, black coffee, clear broths, carbonated beverages, water, lemonade, Gatorade, water ice or popsicles. Absolutely NO RED or PURPLE coloring. NO MILK or MILK products.

Five days prior to procedure STOP taking iron tablets, multi-vitamins, vitamin E, fish oils, all anti-inflammatory medicines, such as Advil, Motrin, Aleve. You may take Tylenol.

If you are having trouble with your prep, or you think it is not working, please call 610-384-6076 and they will get in touch with the physician on call.

DAY BEFORE YOUR PROCEDURE

Mix the entire 238 gm bottle of Miralax in a pitcher with 64 ounces of Gatorade (any color except red or purple). An alternative is apple or orange flavored Pedialyte (less sweet).

Only CLEAR liquids all day, NO SOLID FOODS!! Consume at least 8 ounces of a clear liquid every 30-60 minutes throughout the day and during your prep.

At 4 pm take the 4 Dulcolax tablets. Continue with clear liquids.

At 6 pm begin drinking the Miralax prep, drinking 8 ounces every 15 minutes until it is all gone. You may become bloated or experience cramps while waiting for the prep to take effect. If you become nauseated or vomit, stop for an hour and then resume at a slower pace.

DAY OF PROCEDURE

At 3 am day of procedure mix the 119 gm bottle of Miralax and 32 oz Gatorade. Drink in 1 hour then, nothing by mouth.

If patient is “too sick” of Gatorade to drink it at 3 am, patient could drink Miralax in water, NOT JUICE.

NOTHING TO EAT OR DRINK unless you have been instructed to take any of your medications, such as blood pressure, cardiac or seizure medicine, do so with a few sips of water, at least 2 hours before your scheduled arrival time at the facility.

IF you have any questions or concerns, Please do not hesitate to call us.

PLEASE do not wear any cologne or perfumes or any lotions with a heavy scent.

Please remember to take your insurance cards/ driver’s license/forms/referrals for the facility, with you to the facility on the day of your procedure.

Call your insurance company to inquire whether you will have a cop-pay or deductible for the facility that you are scheduled at.

Please be aware that you may also be receiving bills from anesthesia, pathology, or the facility, not just from the physician’s office. These bills will reflect your insurance’s policy regarding deductibles and co-insurances.

AFTER THE PROCEDURE

YOU WILL NOT BE ALLOWED TO DRIVE THE REMAINDER OF THE DAY. Please be sure that you have transportation and a driver. Our office staff will call you if you need a follow-up appointment and one has not already been arranged.