**GREAT LAKES SURGICAL ASSOCIATES**

**COLONOSCOPY PREPARATION INSTRUCTIONS**

**DATE OF PREP (Day before surgery) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**1 WEEK BEFORE THE PROCEDURE: Refrain from eating corn, popcorn, nuts and seeds**

**Purchase the following from your pharmacy or grocery store:**

**-One 238 gram container of MIRALAX (Polyethlene Glycol)**

**THE DAY BEFORE THE PROCEDURE follows these instructions carefully:**

1. On the day before, you may have a light breakfast. After your light breakfast drink only clear liquids.

2. Remember to drink lots of clear liquids during your preparation and no dairy products. Examples of clear liquids are: chicken broth, Jell-O (no red or purple), tea (no milk), coffee (no milk), ginger ale, 7-UP, apple juice, white cranberry juice, white grape juice and Gatorade, AVOID RED OR PURPLE DRINKS AND RED OR PURPLE JELL-O.

3. At 3:00 p.m.-5:00 p.m. on the day before your examination, mix the entire container of MIRALAX with 64oz. of any CLEAR LIQUID. Mix well. You may take up to 4 hours to consume ALL 64 oz. It is important that you drink all the Miralax-Clear Liquid Mixture.

**4. TAKE NOTHING BY MOUTH AFTER MIDNIGHT the night before the procedure.**

**\*Refrain from chewing gum, hard candy and chewing tobacco.**

**\*Please take any heart and blood pressure medications with a small sip of water.**

**If you do not follow these instructions, it may be necessary to cancel your surgery. If your surgery has to be cancelled due to your own negligence there will be a $50 rescheduling fee.\***

**THE DAY OF THE PROCEDURE SOMEONE MUST BE AVAILABLE TO DRIVE YOU HOME**