

**DIGESTIVE  
DISEASE  
CONSULTANTS**  
A Division of Capital Digestive Care, LLC

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GASTROENTEROLOGY  
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NAME: \_\_\_\_\_

We perform procedures at the following locations:

**GIEA**  
15005 Shady Grove Road  
Suite 200  
Rockville, MD 20850  
(301) 340-8099

**Shady Grove Adventist Hospital**  
Out-Patient Surgery Center  
9901 Medical Center Drive  
Rockville, MD 20850  
(301) 279-6000

Please **ARRIVE** at: \_\_\_\_\_ on \_\_\_\_\_  
Time Date

**PREPARATION INSTRUCTIONS FOR COLONOSCOPY (MIRALAX METHOD)**

**YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME.** You may not drive for the rest of the day once the procedure is completed. The sedation, which makes the procedure comfortable, will take time to wear off.

**DO NOT TAKE ASPIRIN OR ASPIRIN RELATED PRODUCTS FOR 3 DAYS PRIOR TO YOUR PROCEDURE.**

**PURCHASE 2 OR MORE DAYS PRIOR TO PROCEDURE (OVER-THE-COUNTER):**

- One (1) bottle of Miralax 8.3 ounces (equivalent to 238gms). →
- Eight (8) Dulcolax or Bisacodyl 5mg tablets (they are both equivalent).



**THE ENTIRE DAY BEFORE THE PROCEDURE:** you may have **CLEAR LIQUIDS ONLY**. Clear liquids include coffee, tea, water-either carbonated or regular, Gatorade, soft drinks, e.g. coke, Pepsi, ginger ale, 7-Up; clear juices –apple, cranberry, grape; Jell-O or other similar gelatin; clear soups, i.e. bouillon or broth. Sugar and/or artificial sweeteners are allowed. You may continue these clear liquids up until 3 hours prior to your procedure. **Drink lots of clear liquids and preferably not just water (no more than half the total volume as water).** This is better for rehydration and a clean prep.

**NOT ALLOWED ON A CLEAR LIQUID DIET:** Milk, cream, soy milk equivalent, artificial creamer, pulpy juices like orange, grapefruit, pineapple, tomato and V-8, all NOT allowed.

**IMPORTANT NOTE:** RED JELL-O may lead to red diarrhea –it is not blood.

**THE DAY BEFORE PROCEDURE:**

- **Between 12:00p.m. and 1:00p.m.** -Take 2 Dulcolax/Bisacodyl tablets with 8oz. of a clear liquid.
- **Between 3:00p.m. and 4:00p.m.** – Take another 2 Dulcolax/bisacodyl tablets with 8oz. of a clear liquid.
- **Between 4:00p.m. and 6:30p.m.,** mix the ENTIRE 8.3oz/238gm bottle of Miralax into 1 quart (which equals 32oz) of either Gatorade (any flavor), Powerade (any flavor), or apple/grape/cranberry or combo juices. Stir, shake, and dissolve. Then drink the ENTIRE quart by 11p.m. (1 cup every hour). You should also drink another 1 to 2 quarts of a variety of clear liquids, jellos, clear soups, and, if you like, some water during the 12 hours prior to the “nothing by mouth” cut-off which is 3 hours before the scheduled start of your procedure.
- **NOTE:** If you have a noon or later procedure you should split the Miralax. You should drink 2/3 between 4 p.m. and 11:00 p.m. the evening before, and drink the remaining 1/3 of Miralax the morning of the procedure between 6 a.m. and 9 a.m.
- **Between 6:00p.m. – 7:00p.m.** – Take another 2 Dulcolax/bisacodyl tablets with 8oz of a clear liquid.
- **Between 10:00p.m. and 11:00p.m.** -Take another 2 Dulcolax/Bisacodyl tablets with 8oz. of a clear liquid.

**THE DAY OF YOUR PROCEDURE:**

- The morning of your examination you may continue to have any and all of the clear liquids mentioned above up until 3 hours prior to your examination. You may take all of your routine medications except aspirin and Coumadin (unless otherwise directed by your physician), provided they are completely taken at least 3 hours prior to your procedure time. **NOTHING BY MOUTH AFTER THAT.** If you use inhalers, please take them with you to the procedure.
- **PLEASE DO NOT WEAR PERFUME, COLOGNE, OR SCENTED POWDERS.**
- **PLEASE DO NOT SMOKE FOR AT LEAST 4 HOURS PRIOR TO THE PROCEDURE.**

**HOW TO “PUSH” CLEAR LIQUIDS ON THE EVENING BEFORE YOUR COLONOSCOPY**

It is important that you consume a total volume of about 3 quarts from 4p.m. to midnight of which 1 quart can be the Miralax mix.

To prep and rehydrate successfully, you will need a combination of fluid, salt, and sugar, in addition to your laxatives. A model for clear liquid consumption would be to do the following:

**Sugar**

Sugar replacement: 36 ounces of a standard sugar containing commercial soft drink (i.e. three (3)- 12 ounce cans or two (2)- 18 ounce bottles), using any combination of Coke, Pepsi, Seven Up, Ginger Ale, Gatorade, etc. In place of or in addition to soda you may use the following juices; grape, apple, cranberry, cranapple, crangrape. Coffee and/or tea are also acceptable with 2-3 teaspoons of sugar per 8 ounces of liquid.

**Salt**

Salt replacement: 1 or 2 cans (16oz each) of clear bouillon, broth, or consommé. The cans are better than the cubes.

**Fluid**

Please drink 32-48 ounces of any combination of additional clear liquids, some of which may be water or soda water.

**FOR DIABETICS:**

Stay on your regular dose of diabetes related tablet medications. Your insulin dose may need to be reduced by one-quarter to one-third, ask your diabetes doctor. It is important that some of the fluids you drink be sugar containing. The general guidelines for the 3 total quarts between 4 p.m. and midnight are as follows:

1. Mix the Miralax with 1 quart of a sugar-containing fluid, either Gatorade or clearfruit juice, apple, grape, or cranberry.
2. The second quart can consist of diet soft drinks, Jell-O, and soup.
3. The third quart consist of water.

**PLEASE NOTE: IF YOU FIND IT NECESSARY TO CANCEL YOUR PROCEDURE WITHIN 48 HOURS PRIOR TO THE SCHEDULED APPOINTMENT A \$150 CANCELLATION FEE WILL BE CHARGED.**