

PREPARATION FOR COLONOSCOPY—MIRALAX PREP

Your appointment is at Lawrence Memorial Hospital **Endoscopy Center**, first floor of Lawrence Memorial Hospital. Patients check in at the Admissions registration desk located on **Arkansas Street**. Date: _____. Please arrive at _____ and you must bring a driver.

1. Please purchase Miralax 238 gm. and four (4) Dulcolax tablets. These are available at any pharmacy without a prescription. These are the bowel cleansers that you will need before your colonoscopy.
2. Please bring a complete list of your medications. You may write them down on the back of this sheet and bring this with you to your appointment. You must also bring your identification and insurance cards.
3. You will be sedated for your procedure and you **MUST** bring a responsible adult with you, who can listen to Dr. Kimmel's report and drive you home afterwards.
4. If you take Coumadin/Warfarin/Pradaxa or Insulin or if you have heart or kidney failure, please contact your primary care physician for permission and/or any special instructions.
5. Do not plan to operate machinery or conduct important business for at least 12 hours after your procedure. You will be at the facility for approximately 2.5 hours.
6. In the event of any change in your plans, please contact the Lawrence Internal Medicine, P.A. staff immediately at 785-842-7200.

PREP INSTRUCTIONS:

DAY BEFORE COLONOSCOPY: You may eat breakfast, and then eat only a clear liquid diet the rest of the day. Liquids allowed are water, tea, coffee (no creamer), apple juice, bouillon, any type of plain Jell-O, sports drinks and pop.

FIRST DOSE OF LAXATIVE: (Take at Noon)

- Take four (4) Dulcolax tablet at noon the day before your colonoscopy.

SECOND DOSE OF LAXATIVE: (Start at ~6:00 PM)

- Mix Miralax 238 gm. in 64 oz. Gatorade.
- Drink Miralax/Gatorade mixture (~8 oz. every 10 minutes) at 6 PM the evening prior to your colonoscopy.

PRIOR TO YOUR PROCEDURE You may have a glass of clear liquid or black coffee if you wish, up until one (1) hour prior to you arrival time

DAY OF PROCEDURE: Please wear a loose fitting, two piece outfit.

Dr. Kimmel's Office Phone: 785-842-7200
Lawrence Memorial Hospital Endoscopy Center Phone: 785-505-4850