

Dr. Greg Gilbert's Colonoscopy Prep Instructions

What you will need to purchase:

- **4 Dulcolax laxative 5 mg tablets**
- **8.3 oz. bottle of Miralax**

The day before the procedure:

- Begin a clear liquid diet which includes water, tea, coffee (NO CREAMER), juice, soda, Jell-O, popsicle, chicken or beef broth, bullion, and Gatorade. **Not Allowed: Milk, creamer, ice cream, orange juice, cream soups, tomato juice, or anything RED.**
- **DO NOT EAT ANY SOLID FOOD.**
- At 3:00 pm, take 4 Dulcolax tablets with a large glass of water.
- Do not drink anything with sugar in it after starting the Miralax.
- At 4:00 pm begin mixing 2 heaping tablespoons of Miralax with 8 ounces of water every 10-15 minutes until you take 8 doses. If you experience nausea, slow down the intake of the prep. Liquids while taking prep should be sugar free.
- Continue drinking plenty of water until bedtime.

After Midnight the Day of Procedure:

- **NOTHING** to eat or drink other than the prep solution.
- **5 HOURS BEFORE YOUR ARRIVAL TIME**, begin mixing 2 heaping tablespoons of Miralax with 8 ounces of water every 10-15 minutes until you finish. However, if the appointment has been scheduled in the afternoon begin the 2nd part of the prep at 6 am and be finished by 8 am.
- **DO NOT TAKE YOUR DIABETIC MEDICINE THE MORNING OF THE PROCEDURE.**
- If you normally take medication for blood pressure or your heart in the morning, take these with a sip of water.
- Bring a driver with you for your procedure who will remain with you the entire time you are at the hospital.
- Arrive one hour prior to your scheduled test time.
- Report to the surgery center around back of EAMC.
- Bring a list of medications with you that includes name of medicine, dose, and how often you take the medicine.
- **DO NOT SMOKE THE DAY OF PROCEDURE!**

If you take blood thinners (Coumadin, Effient, Pradaxa, Eliquis, Xarelto, Brilinta or Plavix), you need to stop them prior to your exam. Check with your regular doctor or cardiologist to make sure it is ok to stop your blood thinner. If the blood thinner cannot be stopped, please notify Dr. Gilbert's nurse as soon as possible. Eliquis, Pradaxa and Xarelto – 3 days prior. Plavix and Effient – 7 days prior. Brilinta and Coumadin – 5 days prior.

To reduce your registration wait time please call admission planning at 528-4266 or 1-877-624-2308.

You will receive a call from a nurse who works for Endoscopy 1-2 days prior to procedure. If you haven't received a call please call 334-528-2007 the day before procedure.

If you need to reschedule call 334-528-1215.