

Central Indiana Gastroenterology Group

Colonoscopy Preparation for P.M. procedures

Following items needed for prep

- Bisacodyl tablets- Over the counter box of 10-12
- Gatorade 64 oz. - Any color but **NO RED**
- Miralax Prescription – Purple RX attached to prep

The day before your procedure _____

You may have a light breakfast before 11:00. Start a clear liquid diet at 11:00 a.m. Liquids include broth, bouillon, juices, jell-o, coke, Pepsi, 7up, sprite, coffee, and tea. **NO RED, CREAM, MILK, OR PULP.**

At 4:00 p.m.: Take 4 Bisacodyl tablets

At 5:00 p.m.: Mix the whole bottle of Miralax with the 64oz of Gatorade. Start drinking mixture at this time. Take time and drink half of the mixture. Keep mixture shaken or stirred so solution doesn't settle at the bottom.

The day of your procedure _____

At 6:00 a.m. Take 4 Bisacodyl tablets

At 7:00 a.m. Drink the remaining Miralax mixture until gone.

Stop drinking all clear liquids two hours before your procedure. _____

If you cannot keep the Miralax mixture down wait a short time and take 4 more Bisacodyl tablets. If stools are not clear/yellow liquid after the additional Bisacodyl tablets try finishing the Miralax at a slower pace. Call our office 765-646-8477 for further instruction if not cleaned out. If it is after office hours you may contact our answering service at 765-646-8455.

Instruction for Diabetics

The day before your procedure _____ take ½ of you're oral and or injectable diabetic medication,

The morning of your procedure _____ take ½ of you injectable medication.

If you are only taking oral medication, then no diabetic meds the day of procedure.

Continue to next side....

You may take all your daily medications 6 hours prior except for the following.

- Take last dose of Coumadin 5 days prior _____
- Take last dose of Plavix 7 days prior _____
- Take last dose of Effient 7days prior _____
- Take last dose of Oil products (mineral, fish, and flax seed) 7 days prior _____
- Take last dose of Iron 5 days prior _____

Day of your procedure: _____

Time to report: _____

You will need a driver 18 years of age or older. The driver needs to be in the waiting room following the procedure where the doctor can come out and give instructions or results; they need to stay with you the entire day for your safety.

Do not wear jewelry, perfume, cologne, after shave, scented lotions to the procedure. You can wear deodorant and makeup.

Report to one of the following procedure sites:

Digestive Disease Center _____

Erskine/Ambulatory Building, two doors down from main office
2020 Meridian Street Ste.350

Community Endoscopy Center _____

Last building at Community Hospital
1601 Medical Arts Blvd Ste. 300

St.Joes (Kokomo) _____

1907 W Sycamore

Howard Regional (Kokomo) _____

3500 S. LaFountain

St.Johns Hospital _____

2015 Jackson Street

Community Hospital _____

1515 N Madison Avenue

Your Physician is:

Dr. John Maier _____

Dr. Rod Nisi _____

Dr. Christopher Foster _____

Dr. Thomas Nowak _____ (no nail polish)

Prep written out by: _____

Attention Concerning Miralax

As a result of lack of efficacy with some of the current preps for colonoscopy, we are offering Miralax prep. However, it has not been FDA approved for this procedure though it is used universally across the country for bowel preps with no real complications being reported. If you have any additional questions please contact the office.

Thank you, Central Indiana Gastroenterology Group