

**EXAM DATE _____ WE WILL CALL YOU THE DAY PRIOR TO
NOTIFY YOU OF THE TIME TO REPORT.**

REPORT TO MAIN ENTRANCE - SEE RECEPTIONIST

**YOU WILL NEED SOMEONE TO DRIVE YOU HOME FROM THE CENTER - BECAUSE OF THE
SEDATION YOU WILL NOT BE PERMITTED TO DRIVE YOURSELF HOME.
YOU WILL BE AT THE HOSPITAL ABOUT 2 HOURS.**

**ON 2 & 3 days before exam - _____ HAVE NO SALADS, FRUITS, VEGETABLES.
DO NOT HAVE GRAINS - NUTS - SEEDS - SKINS**

(YOU MAY HAVE MEAT, FISH, EGGS, NOODLES, BREADS, DESSERT, POTATOES, RICE)

**ON day prior to exam - _____ HAVE ONLY CLEAR LIQUIDS
(YOU MAY HAVE COFFEE, TEA, APPLE JUICE, BROTH, WATER, SODA,
ANY COLOR JELLO OTHER THAN RED OR BLUE)**

**** OK TO HAVE
TOAST - CRACKERS - COOKIE**

HAVE NO MILK OR CREAM AND NO SOLID FOODS

**AT _____ ³ TAKE THE DULCOLAX TABLETS ALL TOGETHER.
THEY WILL HELP WITH THE PREPARATION LATER**

**MIX ENTIRE 238 GRAM BOTTLE OF MIRALAX WITH A 64 OZ DRINK
(GATORADE, LEMONADE, ICED TEA) - JUST NOTHING RED. AT _____
BEGIN TO DRINK A GLASSFUL EVERY 20-30 MINUTES UNTIL ALL IS GONE.**

THEN MIX THE 119 GRAM MIRALAX WITH 32 OZ DRINK - DRINK TILL ALL IS GONE

**WHEN YOU ARE FINISHED DRINKING THE PREPARATION, YOU MAY CONTINUE TO
HAVE LIQUIDS FROM YOUR LIST ABOVE UNTIL MIDNIGHT.**

**TAKE ALL MEDICATIONS (UNLESS OTHERWISE INSTRUCTED) - INCLUDING THE
MORNING OF THE COLONOSCOPY.**

IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE OFFICE (610) 433-7571