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You will need the following supplies for a successful colon preparation:

- 1. Pick up the prep medications that were sent into the pharmacy within the next 3 to 4 days.
2. 64 oz. (1/2 Gallon) of clear liquid. NO red, purple, orange or blue. We recommend Gatorade or Powerade to support hydration.

The day before your colonoscopy (Prep Day): _____

- 1. You are to have CLEAR LIQUIDS ONLY THE ENTIRE DAY OF PREPARATION. Examples: Water, Jell-O, iced popsicles, Italian Ice, Gatorade, Powerade, or sodas that are not red, purple, orange or blue in color, apple juice, white cranberry or white grape juice, iced tea, black coffee or hot tea, chicken or beef broth/bouillon. Avoid solid foods, milk or dairy products, alcohol, anything with red, purple, orange or blue dyes. Please drink as much as comfortably possible so that you do not get dehydrated and your colon will be properly flushed.
2. At 3:00 P.M.: Take 4 pills of Dulcolax (Bisacodyl) with a glass of water
3. At 5:00 P.M.: Mix half of the bottle of MiraLAX (Polyethylene Glycol) in 32oz. of a clear liquid (see above) in a large container. Mix solution until MiraLAX is dissolved. Drink an 8oz. glass every 15 minutes until the solution is finished.
4. If you feel bloated and/or nauseated, these are common side effects of the prep due to the large volume of fluids you are drinking. If nauseated, walk around and drink a cool glass of water. This will help pass the prep through the stomach and relieve nausea. Do not lie down. Activities and movements are recommended. You may exercise.

DAY OF THE PROCEDURE

6 HOURS PRIOR TO YOUR ARRIVAL TIME _____ mix the remainder of MiraLAX in 32oz. of a clear liquid (see above) in a large container. Mix solution until MiraLAX is dissolved. Drink an 8 oz. glass every 15 minutes until the solution is finished.

- 6. YOU MAY NOT EAT OR DRINK ANYTHING 4 HOURS PRIOR TO YOUR ARRIVAL TIME THE DAY OF YOUR PROCEDURE. No lozenges, hard candy or chewing gum. No smoking after midnight.
7. YOU MUST HAVE A RESPONSIBLE ADULT TO DRIVE YOU HOME AFTER YOUR PROCEDURE IS COMPLETED. YOU MAY NOT WALK, RIDE A BUS, TAKE A TAXI OR ANY OTHER FORM OF PUBLIC TRANSPORTATION. You are considered under the influence of narcotics and CANNOT DRIVE or WORK for the remainder of the day.

Your examination will be performed at:

- Harrisburg Endoscopy and Surgery Center □ Other: _____

DATE OF PROCEDURE: _____

You will be contacted the day before by the Harrisburg Endoscopy Center with your arrival time. If you have not received a call by 1 PM you will need to call them at (717) 545-8525.

The above instructions have been explained to me and I agree to comply.

Patient _____ Witness _____ Date _____

_____ Best phone number to reach you the day prior to your procedure

I give my permission to Harrisburg Endoscopy Center to leave a detailed message at the above number with instructions and arrival time for my procedure.

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