



### Colonoscopy with New & Improved Preparation

The following instructions are designed to prepare you for a good exam.

Pickup at the Pharmacy/Grocery Store

- Dulcolax 5 mg (4 tablets)



- GlycoLax 255 g bottle or MiraLax 238 g bottle



- Gatorade 64 oz bottle (optional)



### The day before your colonoscopy

Please drink as much fluid as you can throughout the day

Drink LOTS OF CLEAR LIQUIDS ONLY throughout the day.

- Clear broth or boullion
- White cranberry, white grape, apple, lemonade (no pulp)
- Water, coffee, tea, kool-aid, carbonated beverages (sodas)
- Water ices, Italian ices, popsicles.



Avoid milk, milk products, creamers, and juices with pulp such as orange or grapefruit juice.

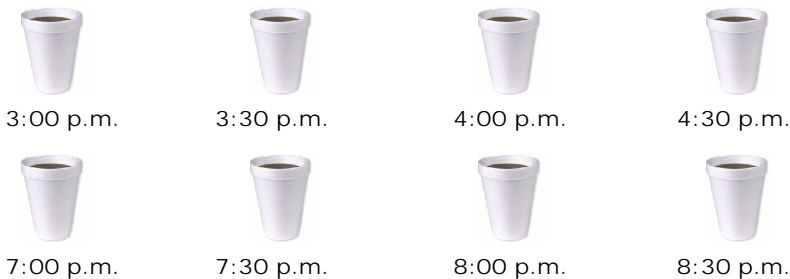


At 1 p.m. – Take 4 Dulcolax tablets with a glass of clear liquid.



4 tablets

At 3 p.m. - mix the entire 255 g bottle of GlycoLax (MiraLax) with the 64 oz bottle of Gatorade (or any clear liquid of your choice) in a pitcher. Shake the solution until the GlycoLax is dissolved.



You should continue to drink clear liquids until midnight. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

Day of Procedure:

- In the morning of the procedure, only take blood pressure medications. Take these medications as early as possible in the morning with only a sip of water.
- Do not wear contact lenses. Please wear loose fitting clothes and preferably short sleeves.
- If you are diabetic, please do finger stick in the morning of the procedure and call the endoscopy center at 302-678-0725 if it is less than 80 or greater than 240.

Have someone pick you up from the endoscopy, as you should not drive on the day of the procedure due to sedation. Also, do not operate any heavy machinery or sign any legal documents after sedation on that day.

Endoscopy Day:	Date:	Time:
----------------	-------	-------

Location: Advance Endoscopy Center. 742, South Governors Avenue Ste. #2. (Corner of Dover St. & Governor's Avenue) Park on Dover St. & come in through the Dover St. Entrance.

Follow Up Day:	Date:	Time:
----------------	-------	-------