

MIRALAX PREP

**~GI OF NORMAN, LLC~
COLONOSCOPY PREPARATION**

You need to PURCHASE (1) 8.3 oz BOTTLE OF MIRALAX.

Bowel preparations are variable and can be quite uncomfortable. Constipated patients usually require a more rigorous preparation and you should discuss this with the nurse. Of the three different types of preparation, we try to find the one that will be the easiest on you.

**NO ASPIRIN OR COUMADIN FIVE DAYS BEFORE PREPARATION
NO SEEDS, HULLS, OR NUTS THREE DAYS BEFORE PREPARATION**

The Day Before Your Examination:

1. Drink only clear liquids for breakfast, lunch, and dinner.

You can have apple juice, white grape juice, or broth. But no Solid food, or milk products. BROTH OR FRUIT JUICES MAY BE CONSUMED IN THE MORNING, BUT IN THE AFTERNOON ONLY HAVE SPRITE, 7-UP, WATER, GINGERALE, OR PROPEL WATER.

2. At _____ take 4 Dulcolax tablets by mouth.
3. At _____ start drinking Miralax. Add one capful to 8 oz. of any clear liquid every 30 minutes until gone.
4. Drink three 8 oz. glasses of water in the evening after your prep at least one hour before retiring, more if desired, to provide adequate hydration (an hour apart is usually best).

The Day of Your Examination:

1. Administer enema at home about one hour before leaving your house.
This is necessary to ensure the colon is clean.
2. No medications are to be taken except heart or blood pressure medications.
3. Water only is allowed until four hours before the exam. Nothing to drink after _____.
4. Your procedure is scheduled for _____. Arrive for admitting process at MPEU, 1125 N. Porter, Suite 304 at _____, WNEC, 3101 W. Tecumseh Rd., Suite 100 at _____, or NRH outpatient admitting (NE entrance) at _____, Moore Hospital, 700 S. Telephone Rd. at _____.

If nausea or vomiting occurs, stop the preparation and wait two hours, then slowly resume.

YOU MAY EXPERIENCE MILD TO MODERATE ABDOMINAL CRAMPS OR DISCOMFORT, WHICH WILL PASS. YOU SHOULD CONTINUE TAKING YOUR PREPARATIONS AS DIRECTED TO ENSURE YOUR COLON IS AS CLEAN AS POSSIBLE. VASELINE OR VITAMIN A&D OINTMENT CAN BE USED TO KEEP RECTAL SKIN COVERED. **YOU WILL BE MEDICATED FOR THE PROCEDURE, SO YOU MUST BRING A DRIVER WITH YOU.** PLEASE DRESS COMFORTABLY IN A LOOSE TWO PIECE OUTFIT. IF YOU HAVE ANY QUESTIONS YOU MAY CALL THE OFFICE AT 405-360-2777.

GOLYTELY/HALFLYTELY PREP

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**NO ASPIRIN OR COUMADIN FIVE DAYS BEFORE PREPARATION
NO SEEDS, HULLS, OR NUTS THREE DAYS BEFORE PREPARATION**

Day before Examination: _____

1. Mix up Halflytely/Golytely in one gallon of water that morning and refrigerate.
2. Drink only clear liquids for breakfast, lunch, and dinner. (Apple or white grape juice, broth)

IN THE AFTERNOON ONLY HAVE SPRITE, 7-UP, WATER, GINGERALE, OR PROPEL WATER

3. At 8:00 a.m. take 4 Dulcolax tablets by mouth.
4. At _____ start drinking your prep. Try to drink a glass every 30 minutes until 8 glasses have been consumed.
5. Drink 3 8 oz. glasses of WATER in the evening after your prep at least an hour before retiring, more if desired, to provide adequate hydration (an hour apart is usually best).

Day of Exam: _____

During the bowel prep if nausea or vomiting occurs, stop the preparation and wait two hours, then resume.

1. Administer enema at home about one hour before leaving your house. This is necessary to ensure the colon is clean.
2. No medications are to be taken except heart or blood pressure medications.
3. Water only is allowed until four hours before the exam. Nothing to drink after _____.
4. Your procedure is scheduled for _____. Arrive for Admitting process at MPEU, 1125 N. Porter, Suite 304 at _____, WNEC, 3101 W. Tecumseh Rd., Suite 100 at _____, or NRH outpatient admitting (NE entrance) at _____, Moore Hospital, 700 S. Telephone Rd. at _____.

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SPLIT OSMOPREP Late AM/PM

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NO SEEDS, HULLS, OR NUTS THREE DAYS BEFORE PREPARATION**

1-2 Days Before Your Colonoscopy:

Fill the prescription from your doctor for 32 OSMOPREP Tablets and Dulcolax Laxatives (OTC)

Day Before Your Examination:

1. Drink only clear liquids for breakfast, lunch, and dinner.
You can have apple juice, white grape juice, or broth. But no Solid food, or milk products.
BROTH OR FRUIT JUICES MAY BE CONSUMED IN THE MORNING, BUT IN THE AFTERNOON ONLY HAVE SPRITE, 7-UP, WATER, GINGERALE, OR PROPEL WATER

****HYDRATION IS THE KEY TO A SUCCESSFUL COLONOSCOPY****

****DRINK 12-24 OZ. OF CLEAR LIQUIDS PER HOUR TO ENSURE PROPER HYDRATION****

2. At **6:00 PM**, take 4 OsmoPrep tablets every 15-20 minutes **with at least 8-12 ounces** of any clear liquid until all 20 tablets have been consumed. Remain close to toilet facilities.

4 Tablets @ 6:00pm

4 Tablets @ 6:15pm

4 Tablets @ 6:30pm

4 Tablets @ 6:45pm

4 Tablets @ 7:00pm

2 Dulcolax @ Bedtime

Day of Your Examination

3. At _____, (**-4.5-5 hours before your procedure**) take 4 OsmoPrep tablets every 15-20 minutes **with at least 8-12 ounces** of any clear liquid until the remaining 12 tablets have been consumed.

4 Tablets @ _____

4 Tablets @ _____

4 Tablets @ _____

4. No medications are to be taken except heart or blood pressure medications.
5. Water only is allowed until four hours before the exam. Nothing to drink after _____.
6. Your procedure is scheduled for _____. Arrive for admitting process at MPEU, 1125 N. Porter, Suite 304 at _____, WNEC, 3101 W. Tecumseh Rd., Suite 100 at _____, or NRH outpatient admitting (NE entrance) at _____, Moore Hospital, 700 S. Telephone Rd. at _____.

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MOVIPREP

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NO SEEDS, HULLS, OR NUTS THREE DAYS BEFORE PREPARATION**

Day before Examination: _____

1. Drink only clear liquids for breakfast, lunch, and dinner. (Apple or white grape juice, broth)

IN THE AFTERNOON ONLY HAVE SPRITE, 7-UP, WATER, GINGERALE, OR PROPEL WATER

2. At _____ start drinking MoviPrep. Mix one packet A and one Packet B and add warm water to Fill Line and Shake Well. Drink 8 oz. of this solution every 15 minutes for one hour. Drink an additional 16 oz. of clear liquids.
*** You may chill MoviPrep prior to drinking.**
3. Drink 3 8 oz. glasses of WATER in the evening after your prep at least an hour before retiring, more if desired, to provide adequate hydration (an hour apart is usually best).

Day of Exam: _____

1. At _____ repeat MoviPrep.
Drink 1 glass of the remaining prep every 15 minutes for 1 hour.
During the bowel prep if nausea or vomiting occurs, stop the preparation and wait two hours, then resume.
2. No medications are to be taken except heart or blood pressure medications.
3. Water only is allowed until four hours before the exam. Nothing to drink after _____.
4. Your procedure is scheduled for _____. Arrive for Admitting process at MPEU, 1125 N. Porter, Suite 304 at _____, WNEC, 3101 W. Tecumseh Rd., Suite 100 at _____, or NRH outpatient admitting (NE entrance) at _____, Moore Hospital, 700 S. Telephone Rd. at _____.

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