

Ambulatory Surgery Center	Office	Westlake Lab	Brooklyn Lab
25200 Center Ridge Rd Suite 3100. Westlake, OH 44145 Phone (440) 331-5973.	25200 Center Ridge Rd Suite 2600. Westlake, OH 44145 Phone (440) 331-5350 Fax (440) 331-5319	Premier Medical Campus 25200 Center Ridge Rd, Suite 1500. Westlake, OH 44145 Phone (440) 333-5052	7575 Northcliff Ave, Suite 106 Brooklyn, Oh 44144 Phone (216) 398-5095

Schedule online at [giclinic.com](http://giclinic.com) or call  
**(440) 331-5350**

Exam Requested:  Colonoscopy     EGD     Other \_\_\_\_\_

Referring physician / phone / fax back: \_\_\_\_\_



**Appointment: date:** \_\_\_\_\_  
**Location:** 25200 Center Ridge Rd, Suite 3100. Westlake, OH 44145  
**Arrival time:** Nurse will call with time day before procedure



**You may need to have blood work and obtain a COVID-19 test 72 hours before your appointment at one of the labs listed above.**

	<p><b>Nothing by mouth after midnight.</b> If you have anything to eat or drink after midnight, <b>your procedure will be cancelled</b> and will have to be rescheduled.</p> <p><b>You must have a driver come and stay with you.</b> You may not drive or operate heavy machinery the entire day due to the medication you receive. You will be here for approximately 90-120 minutes. Please make sure drivers are flexible with arrival and discharge times.</p>
	<p><b>Special Conditions</b></p> <ul style="list-style-type: none"> <li>• Tell the physician doing this procedure if you: are pregnant, have kidney, lung or a heart condition or have had a heart valve replacement.</li> <li>• If you are taking anticoagulants (blood thinners) or anti-platelet medications you must obtain permission to hold these medications as follows:             <ul style="list-style-type: none"> <li>○ <b>Hold for 5 days if you are taking:</b> Plavix (clopidogrel), Effient (Presugrel) Brilinta (ticagrelor) Coumadin (warfarin, jantoven).</li> <li>○ <b>Do not hold Aspirin 81 mg</b></li> </ul> </li> <li>• <b>If you have Diabetes:</b> You may need to have your insulin or oral medication adjusted by your doctor who prescribes it the day before and the day of your procedure.</li> </ul>

# How to prepare for your colonoscopy

MiraLAX™ Gatorade™ Bowel Preparation Instructions

Please follow instructions carefully and EXACTLY for questions, call the surgery center at **(440) 331-5973**.

## 7 Days before your colonoscopy



- Stop taking iron-containing preparations such as multivitamins containing iron.
- Do not take fiber supplements or eat high fiber foods with seeds and nuts.

## 2 Days before your colonoscopy (if you tend to be constipated)

- Start clear liquid diet (no solid foods) if you tend to be constipated.

## 1 Day before your colonoscopy



- Stop eating solid foods from the time you wake up until the time of your procedure.
- Drink plenty of clear fluids (broth, Jello (AVOID flavors having red, purple or blue coloring), hard candy, Popsicles (AVOID flavors having red, purple or blue coloring) clear fruit juices such as apple juice and white grape juice, coffee and tea WITHOUT milk or creamer, ginger ale, lemon-lime soda.
- Do not drink alcohol the day before or the day of your procedure.



### Get preparation ingredients.

Purchase at the store, over the counter.

- 1 Bottle of MiraLAX™ (238 GRAMS or 8.5 OZ). Generic is acceptable
- 1 (64 oz.) or 2 (32 oz.) bottles of Gatorade™ (avoid flavors having red, blue or purple coloring).
- 3 Dulcolax™ (Bisacodyl) tablets

#### Needed if not clear

- 1 Bottle Magnesium Citrate 10 oz. lemon lime flavor

DO NOT MIX THE SOLUTION MORE THAN 24 HOURS BEFORE USING



- Begin intake of preparation ingredients according to the times below:
  - **3:00 pm:** Take 3 Dulcolax (bisacodyl) tablets at once.
  - **5:00 pm:** Mix all of the 238 grams of Miralax into the 64 oz. of Gatorade and drink it all within 2 hours.
  - **11:00 pm:** Check! If your results are not clear or urine colored please follow these additional instructions:
    - If your procedure is before 10 am, drink a bottle of magnesium citrate before midnight.
    - If your procedure is after 10 am, drink a bottle of magnesium citrate at 6 am. Don't drink anything after midnight.

**Drink at least 8 ounces of clear fluids (1 cup) every hour during preparation to avoid dehydration. Please remember to have NOTHING by mouth after midnight!**

**Individual responses to the bowel preparation medication may vary.** Shortly after finishing the preparation you will begin to eliminate brownish color fluids that gradually become lighter in color, resembling urine. Bloating, nausea, and occasional vomiting may occur. Do not be alarmed. If this happens, wait 30 minutes before drinking more fluid and start with small sips of the solution. Some activities (such as walking) may help decrease the nausea you are feeling. If the nausea persists, please contact your health care professional.