

Prep Date: \_\_\_\_\_

Procedure Date: \_\_\_\_\_

A Pocono Ambulatory Surgery Center nurse will call you once we have received your referral from your doctor. A nurse will review information with you and you will then be instructed to go onto the One Medical Passport website to complete your medical history and medication list. The website is [www.onemedicalpassport.com](http://www.onemedicalpassport.com). Please follow the instructions on the site.

**\*Three days prior to your colonoscopy** – avoid any green leafy vegetables.

**\*On the day before your colonoscopy** – A Pocono Ambulatory Surgery Center nurse will call you with your arrival time for the next day.

**MIRALAX PREP – Purchase ahead of time over-the counter.**

Four DULCOLAX (bisacodyl) 5 mg tablets

One 238 gram bottle of MIRALAX

64 oz of Gatorade – NO RED OR PURPLE

The day before your procedure: MAINTAIN A CLEAR LIQUID DIET ALL DAY!

**What you can have:**

Soda, coffee, tea, fruit juices without pulp

Gatorade, flavored Jell-O without fruit

Clear beef or chicken broth

Ice pops, ice cream, yogurt

**What you can't have:**

Solid foods, anything red in color

The day before your procedure:

Mix the 238 gram bottle of MIRALAX into the 64 ounces of GATORADE very well to dissolve the MIRALAX. Place in the refrigerator.

1:00PM: Take all FOUR of the DULCOLAX tablets by mouth.

4:00PM: Drink the MIRALAX/GATORADE mixture-8 oz about every 10-15 minutes until it is gone.

- Drink plenty of clear liquids throughout the day of your prep!
- Avoid any and all vegetables for two days prior to your procedure.
- Avoid nuts, corn and tomatoes with seeds for three days prior to your procedure.
- Avoid iron supplements or multivitamins with iron for one week prior to your procedure.

No aspirin or aspirin products (Advil, Aleve, Motrin etc.) for one week prior to your procedure. Tylenol is okay.

NOTHING BY MOUTH AFTER MIDNIGHT EXCEPT FOR NECESSARY MEDICATIONS SUCH AS HEART, BLOOD PRESSURE, THYROID OR SEIZURE. Take with only a sip of water. DO NOT TAKE ANY BLOOD THINNING MEDICATIONS.

**SPECIAL INSTRUCTIONS:**

1. If you are allergic to latex products, have sleep apnea, or a history of hepatitis, please notify us.
2. If you take ginkgo, vitamin E, or garlic supplements, these must be stopped 5 days before the procedure.
3. If you are diabetic, take ½ of your usual dose of insulin on your prep day. Do not take your diabetic pills.
4. If you take Coumadin, Plavix or Xarelto, be sure to check with your primary care physician to see if it needs to be stopped prior to your colonoscopy.
5. You must have a driver to drive your home after the procedure because you will be receiving sedation. If you do not have a driver, your procedure will be cancelled.
6. If you experience any difficulty with your prep after business hours, call Dr. Covington at (570)421-8968 or Dr. Cohan at (570)424-7764 for assistance.
7. If polyps are removed or biopsies taken, the surgeon will call you with the pathology results. Please allow five business days for the pathology department to process the results.

Your signature below indicates that you understand the above instructions.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Witness: \_\_\_\_\_