

**Piedmont Colorectal Associate, P.C.**

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**DULCOLAX AND MIRALAX INSTRUCTIONS**

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

Time: \_\_\_\_\_

Arrival: \_\_\_\_\_

**One week prior to procedure:**

- If you taking Aspirin based products or vitamin E, please contact our office for further instructions. If you are currently taking blood thinners such as Coumadin, Warfarin, Eliquis, Xarelto, etc., please let your prescribing physician know immediately, as you must stop these medications prior to your procedure to prevent excessive bleeding. ***You must clear this with your prescribing physician.***

**The entire day before the procedure:**

- You will be on a clear liquid diet. A clear liquid is any liquid that you can pour into a glass and see through it. You may have Jell-O (no red or purple), bouillon, consommé, apple juice, white cranberry juice, Gatorade, Powerade, black coffee, tea, sprite, ginger ale, or water. **Milk, Cream anything with pulp, alcoholic beverages and solid foods are NOT allowed.**

**The morning of the procedure:**

- Patients taking daily medications may take their regular dosage the morning of the procedure with very small sips of water.
- Report to the GI lab/Endoscopy Lab on the 1<sup>st</sup> floor of the 77 building. You must arrive 1 hour prior to your scheduled time.

**After the procedure:**

- You must have a responsible driver to take you home after your procedure. These are hospital rules because you will be given a sedative for the procedure. You will not be released to any forms of public transportation (Marta, Uber, Lyft, Cab, Taxi, etc.).
- Biopsy/pathology reports take 3-4 business days to get from the laboratory. Please allow this much time before contacting our office for your results.

**DULCOLAX AND MIRALAX**

**3:00 PM Take 2 Dulcolax laxative pills with a glass of clear liquid**

**6:00 PM Mix (1) 8.3 ounce bottle of MiraLax in 64 ounces of Gatorade or Powerade.**

- **Drink a 8 ounce glass every 15-20 minutes until finished**

**10:00 PM take 2 more Dulcolax pills**

**HYDRATION IS KEY THROUGHOUT THIS PROCESS**

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**

## **DIRECTIONS TO PIEDMONT HOSPITAL GI LAB**

- Please park in the North Parking Garage
- Take the elevator to BR level (the Bridge will take you to the first floor of the 77 building)
- You will immediately go to GI LAB/Endoscopy Lab (approximately  $\frac{3}{4}$  the way down the hall on the left)

### **REMINDERS:**

- Please follow your physician instructions regarding anticoagulants (i.e., aspirin, Coumadin, Plavix, lovenox) and diabetic medications.
- If you are female and 50 years or younger, be prepared to submit a urine specimen upon arrival to the lab.
- You must arrange transportation with a responsible adult driving you. You may not leave on a bus or cab, unless you have a responsible adult with you.
- Please leave all jewelry and valuables at home.

### **WHAT TO BRING THE DAY OF PROCEDURE:**

- A list of current medications, including dosages, along with allergies
- If you have a pacemaker defibrillator, please make sure to have information card