

Endoscopy Center of Yuma
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DOUBLE PREP WITH MIRALAX/GOLYTELY+DULCOLAX

Patient Name: _____

Date of Colonoscopy: _____

Arrive At: _____ *A 48 hr notice is required for cancellation of procedure*

Endoscopy Center of Yuma YRMC Focused Imaging of Arizona

You **MUST** have someone with you to drive you home after the procedure. If you do not, the procedure will NOT be done.

If you have any questions regarding your preparation, please call Endoscopy Center of Yuma at (928) 343-1717. After hours or to cancel your appointment, call Yuma Gastro at (928) 344-4325.

PURCHASE: 2 **Dulcolax** tablets (10mg) fill prescription for **Golytely** at any pharmacy and 238 or 255 grams of **Miralax** (over the counter) 64 oz. Bottle of **Gatorade** any color except red or purple.

Day before Exam:

- **NO SOLID FOOD, CLEAR LIQUID DIET* ONLY.**

Day before Exam:

- **At 8:00 am:** drink 1 cup (8oz) of Golytely every 15 minutes until you drink half of the gallon. (Should take 2 hours or less to drink)

Noon(12:00) day Before Exam:

- Take two Dulcolax tablets with a large glass of clear liquid.

Evening Day Before Exam:

- Pour contents of Miralax in bottle of Gatorade, Mix until completely dissolved.
- **At 6 pm:** drink 1 cup (8 oz) of Miralax every 15 minutes until you finish the whole bottle. (Should finish in 2 hours or less)

Morning of Exam:

- **Five (5) hours prior to your exam,** drink the remaining Golytely (1/2 Gallon) 1 cup every 15 minutes until finished. Complete Golytely in 2 hours or less.
- **Three (3) hours before your arrival time, STOP DRINKING LIQUIDS and take your blood pressure and heart medications.**
- **No Diabetic Medications until after your procedure.**

CLEAR LIQUID is any liquid that you can see through. Examples: apple juice, white grape juice, sports drinks. Do not drink milk or juices with pulp. Avoid red and purple drinks.