
MICHELLE RANDOLPH
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DATE OF PROCEDURE

TIME OF PROCEDURE

CHECK IN TIME

PROCEDURE LOCATION:

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DAY BEFORE THE PROCEDURE

LIQUIDS OK TO DRINK

- | | |
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| <ul style="list-style-type: none"><input type="checkbox"/> CLEAR LIQUIDS ONLY<input type="checkbox"/> DO NOT DRINK MILK<input type="checkbox"/> DO NOT CONSUME ANYTHING RED OR PURPLE<input type="checkbox"/> DO NOT DRINK ALCOHOL<input type="checkbox"/> STAY HYDRATED | <ul style="list-style-type: none"><input type="checkbox"/> STRAINED FRUIT JUICE (NO PULP) INCLUDING APPLE, ORANGE, WHITE GRAPE, WHITE CRANBERRY<input type="checkbox"/> LEMONADE OR LIMEADE<input type="checkbox"/> COFFEE OR TEA (WITHOUT MILK, DAIRY, OR NON-DAIRY CREAMER)<input type="checkbox"/> CLEAR BROTH<input type="checkbox"/> GELATIN DESSERTS WITHOUT ADDED FRUIT OR TOPPINGS (NO RED OR PURPLE)<input type="checkbox"/> CLEAR SODA (GINGER ALE) |
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MIRALAX INSTRUCTIONS

REMINDER STOP ALL CLEAR LIQUIDS LEAST 2 HOURS BEFORE YOUR PROCEDURE

To cancel or reschedule a procedure, you must notify our office 4 business days in advance to avoid a cancellation fee: \$100.

Please note there are separate doctor's fee, facility fee, and pathology fee.

If you are taking blood thinners, please discuss with Dr. Randolph.

IF YOU ARE ON **PHENTERMINE**, PLEASE HOLD THIS MEDICATION STARTING 7 DAYS PRIOR TO PROCEDURE.

Patients that are diabetic

Take ½ the dose of your diabetic medication the day before your procedure & none the day of your procedure.

Purchase Dulcolax laxative tablet (3 tablets required for prep).

Purchase Miralax 238 grams (8.3 ounces) powder.

Purchase 64 ounce Gatorade (no red, no purple color)

Patient must be accompanied by a driver on the day of the procedure

You cannot drive for 24 hours after your procedure

Make sure to bring your photo id and insurance cards when arriving for your procedure.

5PM ON THE DAY BEFORE YOUR PROCEDURE

STEP 1:

AT 5PM TAKE 3 DUCOLAX LAXATIVE PILL WITH WATER BY MOUTH.

STEP 2:

IN A PITCHER, MIX THE 8.3 OUNCES OF MIRALAX WITH THE 64 OUNCES OF GATORADE. STIR/SHAKE THE CONTENTS UNTIL THE ENTIRE CONTENTS OF MIRALAX ARE COMPLETELY DISOLVED.

REFRIGERATE. DO NOT ADD ICE, SUGAR, OR ANY OTHER FLAVORINGS TO THE SOLUTION.

STEP 3:

AT 7PM DRINK THE FIRST HALF OF THE GATORADE/MIRALAX SOLUTION. DRINK ONE 8-OUNCE GLASS EVERY 10 -20 MINUTES. YOU WILL NEED TO FINISH ALL 32 OUNCES TODAY. REFRIGERATE THE REMAINING HALF FOR TOMORROW MORNING.

4 HOURS PRIOR OF YOUR PROCEDURE

STEP 1:

DRINK THE SECOND HALF OF THE GATORADE/MIRALAX. DRINK ONE 8-OUNCE GLASS EVERY 10-20 MINUTES UNTIL COMPLETED.

STEP 2:

STOP ALL CLEAR LIQUIDS 2 HOURS BEFORE PROCEDURE.