

MIRALAX/GATORADE PREP INSTRUCTIONS

DATE:

ARRIVAL TIME:

You will report for your procedure in the Central Massachusetts Ambulatory Endoscopy Center (located in the middle office of the Center for Digestive Wellness building)

- Starting 3 Days Prior to Procedure: *Avoid eating nuts, popcorn, seeds, fruits, veggies, and leafy greens.* You may otherwise continue your normal diet up until:
- 1 Day Prior to Procedure (before 11AM):
 - You may have only 2 cups (total) of the following: Mashed potatoes, scrambled eggs, buttered pasta, crackers.

You will then need to begin a clear liquid diet for the remainder of the day prior to the procedure (preparation day)

Examples:

Any kind of strained broth, water, flavored water, any kind of soda, Gatorade/sports drinks, fruit juices (without pulp), black coffee and tea, jello, popsicles. If you can see through it, it is a clear liquid.

You will need: 64oz Gatorade, Miralax (238gm/8.3oz), AND 4 Dulcolax tablets

***Instructions -1 Day Prior to Procedure Date:**

Begin a clear liquid diet in the morning.

- Mix Miralax (4oz) with 32 oz of Gatorade/Powerade
- At 6:00PM - Drink 32 ounces of the solution, along with two (2) Dulcolax tablets, the day before your procedure.

***Instructions – DAY OF PROCEDURE (DO NOT chew gum or hard candy. DO NOT smoke or vape.):**

Continue the clear liquid diet in the morning.

- Mix Miralax (4 oz) with 32 oz of Gatorade/Powerade
- 8 hours before you are supposed to arrive for the procedure- Drink 32 ounces of the solution, along with two (2) Dulcolax tablets. You can also have coffee/tea without milk.

NOTE: REMAIN ON CLEAR LIQUIDS ALL THE WAY UP UNTIL 4 HOURS PRIOR TO YOUR PROCEDURE.

ALSO, YOU MAY HAVE NOTHING BY MOUTH WITHIN THESE 4 HOURS, INCLUDING WATER.

- You may take your medications (or bring them with you) **EXCEPT** oral diabetic medications -and take only half (1/2) of your scheduled insulin dosage.
- **Oral medications may be taken with a sip of water, unless otherwise specified by the doctor.**
- If taking Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, Ozempic, Rybelsus, Mounjaro, or Wegovy, **stop 1 day before the surgery if taking daily** or, **if taking weekly, hold the week prior to surgery.**

Arrival Instructions

Report to: Central Mass. Ambulatory Endoscopy Center in the middle of the Center for Digestive Center building (middle door with a black floormat and a sign stating "PROCEDURES ONLY").
Phone #: 978-840-6767

THINGS TO BRING WITH YOU ON THE DAY OF YOUR PROCEDURE

PHOTO ID (EXAMPLE: DRIVER'S LICENSE, PASSPORT)

INSURANCE CARD(S)

MEDICATION LIST

NAME & PHONE NUMBER OF YOUR DRIVER

EMERGENCY CONTACT NAME & PHONE NUMBER

ANY INHALERS YOU USE (IF APPLICABLE)

MASKS ARE OPTIONAL. VACCINATION CARDS ARE NOT REQUIRED.

Driver Instructions

⇒ Drivers cannot wait inside the building.

- You will be contacted at the phone # provided by the patient approximately 2-3 hours after the patient's arrival.
- A recovery nurse will call you about 20 minutes before the patient is ready to be discharged.
- Drive your vehicle up to the overhang on the left side of the building (the BJ's side).
- **Call 978-840-6363 to let the nurse know you arrived.** Remain in your vehicle. The patient will be walked out to the car.

⇒ **You will not be permitted to drive yourself home.** You may use these transport companies if traveling alone: The Butler Did It/Destination Express (978-407-5913) or Flow Transportation Services (978-602-5606). You can only take a cab/Uber/Lyft, MART, or medical transport (paid for by your insurance) if you are accompanied by a family member.

CENTER FOR DIGESTIVE WELLNESS

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