

DIGESTIVE DISEASES ASSOCIATES OF TAMPA BAY, LLC

876 S. Parsons Ave, Brandon, Florida, 33511 • 813-653-3359 • Fax 813-662-9639

www.GIHEALTHTAMPABAY.com

TWO DAY PREP INSTRUCTIONS

Items to purchase can be purchased at the pharmacy or grocery store.

- **Miralax** (polyethylene glycol 3350) 119g bottle (4.1 oz)
- **Gatorade 32oz** (No Red, Blue, or Purple)

Medications – The procedure you are scheduled to have will require you to stop certain medications for a set period prior to your procedure. Please see page 2 for further instructions on Blood Thinning Medications.

Diet – The procedure you are scheduled to have will require you to follow a clear liquid diet. Please see page 2 for further instructions and a sample menu.

Prep Instructions – Start two (2) days prior to your procedure

- Clear Liquid Diet Only
- **Day 1** On _____ start clear liquid diet from the time you wake up.
 - **At 1:00 P.M.** mix the entire bottle of Miralax 119 gram with 32 ounces of Gatorade (no red, blue, or purple). Mix the solution until it is dissolved. Drink an 8-ounce glass every 10-15 minutes until the solution is finished.
- **Day 2** On _____ continue clear liquid diet and take the prescribed prep (Miralax, Clenpiq, Sutab).

If you are Diabetic:

- Hold oral glycemic medications (Glipizide, Metformin, Glucotrol, Janumet, Glimepiride, etc.) the day before and the morning of the exam.
- If taking insulin, take ½ of the normal prescribed dose the day before the exam and none the morning of the exam.

If you are taking anticoagulation medications: (only if taking warfarin or Jantoven)

- Hold Coumadin (Warfarin/Jantoven) _____ days prior to your scheduled exam.
- Take Lovenox _____ mg. for 3 days prior to exam and 3 days after the exam.
- **DO NOT TAKE LOVENOX ON THE DAY OF EXAM**

On the day of the procedure

- Take all blood pressure, heart, or seizure medication with a sip of water.
- Do not take any diabetic medications unless otherwise instructed to do so by your physician.
- **Please arrange for transportation**, you will be sedated and **cannot drive** or go home alone. Please avoid taking a cab/pick up services unless accompanied by an adult.
- **The Doctor will advise after procedure when to resume medication.**

Questions If you have any questions, please contact our office at 813-653-3359, Option 7