



QUEEN CITY

GASTROENTEROLOGY & HEPATOLOGY

320 Lillington Ave, Suite 101
Charlotte, NC 28204-3189

You are scheduled to have a Colonoscopy at _____ on _____. You must report to the Endoscopy Center at _____ to check in.

Miralax Prep

These items are needed for your bowel preparation. All are sold over the counter at any pharmacy:

- Miralax – 238 grams (Powder)
- One (64 oz) bottle of Gatorade (any flavor other than red)

The day prior to your procedure:

1. Liquid diet from the time you awake in the morning including: Coffee, tea, juices and soda. You may also have popsicles, broth and Jell-O (**NOTHING RED IN COLOR – NO MILK**).
2. At **5:00 pm** noon, Mix the Gatorade and the Miralax powder (whole bottle) together (in tea pitcher or container). Drink one (1) 8oz glass every 15 minutes until gone.
3. **Nothing to eat or drink after midnight.**
4. No Plavix for 7 days prior to procedure.

The day of your procedure:

1. You must be accompanied by a friend or relative to drive and/or assist you home. Taxi service or city transportation will not be accepted. If you do not have anyone with you, your procedure will be cancelled and reschedule for a later date.
2. Medication may be taken the morning of your procedure with small sips of water unless instructed otherwise.

If you have any questions, please contact the QCGH office at 704-362-4403