

SUDARSHAN SINGAL, M.D., F.A.C.G.**Gastroenterology**

2070 Biddle Ave., Suite 1, Wyandotte, MI 48192 • (734) 283-4460
4160 John R, Suite 608, Detroit, MI 48201 • (313) 883-1333

INSTRUCTIONS FOR COLONOSCOPY

You are scheduled for a procedure at Southgate Surgery Center on _____. Their staff will call you the day before your procedure to provide your **arrival** time. Duration of the average stay is 2-3 hours.

Before the procedure, you will need to purchase the following items over-the-counter:

- Gatorade – 64 ounces (two 32-ounce bottles of lemon/lime, orange or other clear flavor)
- Dulcolax – 5 mg tablets (four tablets needed)
- MiraLAX – 238 gram bottle (14-day supply)

THE DAY BEFORE THE TEST:

1. **You must have a liquid diet all day.** See Instructions for Liquid Diet.
2. At **3:00 pm**, take two (2) Dulcolax tablets.
3. At **5:00 pm**, mix the entire bottle of MiraLAX into the Gatorade (put half the bottle into each 32-ounce bottle). Shake the solution until it is fully dissolved. Drink an 8-ounce glass every thirty (30) minutes until the solution is gone.
4. At **7:00 pm**, take the last two (2) Dulcolax tablets.
5. **Do not eat or drink anything after midnight.**

THE DAY OF THE TEST:

1. If you are taking medication(s) for your blood pressure or your heart, take it (them) with a small amount of water.
2. Arrive promptly at the surgery center at the time listed above.
3. You must have someone with you at the surgery center during your entire stay and to drive you home. If you have a problem and need a driver, please call Southgate Surgery Center to request courtesy transportation or to reschedule the procedure.
4. If you are taking **aspirin**, please discontinue two (2) days prior to the test. If you are taking **Coumadin** or **Plavix**, please discontinue seven (7) days prior to your test.