

MARIETTA MEMORIAL HOSPITAL
DEPARTMENT OF GENERAL SURGERY

PROVIDERS

Bradley Carman, DO
Emmett Lotton, MD

LOCATIONS

Marietta Memorial Hospital
400 Matthew Street, Suite 401
Marietta, Ohio

Belpre Medical Campus
807 Farson Street, Suite 230
Belpre, Ohio

PHONE NUMBER

(740) 374-2252

MiraLAX® Bowel Prep

Purchase:

- (4) Dulcolax® Laxative Tablets
- (1) 64 oz bottle of Gatorade (any flavor but red, orange, or purple)
- (1) 238 gm (8.3 oz) bottle of Miralax

Please no roughage (raw fruits, raw vegetables, nuts, or whole grains) for three days before the colonoscopy.

THE DAY BEFORE YOUR PROCEDURE: CLEAR LIQUIDS ALL DAY!

Breakfast, Lunch, and Dinner: Clear soup broth, lemon or lime jello, water, coffee or tea, 7UP®, Sprite®, ginger ale, banana popsicles, apple juice, white grape juice, white cranberry juice. No milk or dairy products. No alcohol. (Nothing red, orange or purple).

****IF YOU ARE DIABETIC, PLEASE USE SUGAR FREE PRODUCTS.****

You will receive a phone call after 1 p.m. the day before your procedure for your arrival time. If you are scheduled for a procedure on a Monday, they will call you the Friday before the procedure.

FOLLOW THESE STEPS

12 p.m. (Noon)

- Take four (4) Dulcolax® Tablets with an 8 oz. glass of liquid.
- Mix the MiraLAX® with 64 oz. of Gatorade. Stir or shake well until all is dissolved. Place in the refrigerator for later use.

2 p.m.

- Drink an 8 oz. glass of the MiraLAX®/Gatorade every 30-40 minutes until ALL the solution is gone.

Bedtime

- Drink at least three (3) more 8 oz. glasses of clear liquids before bed.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT. THIS INCLUDES LIQUIDS, FOOD, BREATH MINTS, AND CHEWING GUM.

Medications: Do not take Ibuprofen, Aleve®, or any NSAIDs (Nonsteroidal anti-inflammatory drugs) five (5) days prior to your surgery. You may take Tylenol®. If you use an inhaler, use it the morning of surgery and bring your rescue inhaler. Do not take any vitamins or herbal supplements five (5) days prior to your procedure.

DAY OF PROCEDURE:

- You may take necessary medications with a sip of water.
- All patients are required to have a way home. We do not conduct procedures on patients unless they have someone to drive them home.

24 Hour Nurse Line

Our registered nurses (RN) take calls 24 hours a day, 7 days a week. With special training, our team can help talk through your concerns, review your symptoms, and point you in the right direction of care. Call (844) 474-6522 anytime you need.



**MEMORIAL
HEALTH SYSTEM**