

Colon and Digestive Health Specialist, LLC

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MIRALAX Colonoscopy Prep Instructions

Name: _____

Procedure: _____

Appointment Date: _____

Time: _____

You will need a ride TO and FROM the Endoscopy Center. Driver must be 18 years of age or older, and must be able to stay the entire duration of the procedure. You will need to purchase:

- 1 bottle of Gatorade 64oz (No red or purple) (if diabetic- get sugar free)
- 510 gram bottles of Miralax
- 4 tablets of Bisacodyl (5 mg each) - Brand name: Dulcolax

**** 5 Days before the procedure, avoid raw fruits and vegetables. (cooked vegetables are okay) ****

**** 2 Days before the procedure eat normal but eat LIGHTER (no fast food, no fried food, no red meat). ****

On the day BEFORE the procedure:

-No SOLID foods, drink ONLY clear liquids only for all of your meals.

-Clear liquids allowed are water, bouillon, chicken broth, black coffee, Gatorade, Jell-O, Kool Aid, strained (pulp-free) fruit juices (NO SMOOTHIES) and clear carbonated drinks.

-For list above: No red or purple dye and no dairy products

1. Day before procedure at 4:45 PM take two tablets of Bisacodyl (Dulcolax)
2. At 5:00 PM day before the procedure mix 510 gram bottle of Miralax with 64oz Gatorade. Drink an 8 oz glass of the mixture every 10 to 15 minutes until half of the mixture is finished. Save the other half for later.

**** DO NOT DRINK OR EAT ANYTHING OTHER THAN PREP SOLUTION AFTER MIDNIGHT ****

On the MORNING OF the procedure:

At 12:45 AM take the other two tablets of Bisacodyl (Dulcolax).

At 1:00 AM start drinking the remaining Gatorade and Miralax mix. Finish this by 2:00 AM.

Medication Restrictions:

- No blood thinners like Coumadin, Warfarin, Aspirin or Ibuprofen for 3 days prior to procedure, unless told to continue.
- No Phentermine for 2 weeks prior to procedure.
- Please continue to take any Beta Blockers & blood pressure medicines with small sip of water 2 hours prior to procedure time.
- Diabetics: Take ½ of usual dose of insulin day before procedure and NONE on the morning of procedure. Do not take any oral diabetic medication the day before appointment or the morning of. Check sugar every 6 hours-if less than 75 drink a glass of apple juice, if more than 250 please call our office.

**** If there is any nausea, vomiting, shortness of breath, chest pain, severe headache, or excessive sweating please stop taking the prep and call the office. ****