

Miralax Bowel Preparation Instructions

PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY

At anytime should you have any questions about the instructions, please contact our office at (520) 327-3454 (during normal business hours) so a staff member can go over them with you.

5 DAYS BEFORE YOUR COLONOSCOPY STOP TAKING THE FOLLOWING:

- **STOP** taking Aspirin, Fish Oil, Vitamin C, Vitamin E, St. John's Wort or NSAIDS (such as Ibuprofen, Aleve, Naproxen, Alka Seltzer, Excedrin).
- **STOP** taking any bulking agents; Metamucil, Citrucel, Gemfibrozil, Ginseng, Ginkgo, Garlic tablets, Multi Vitamins, & Iron supplements.
- **STOP** taking all anticoagulants; Coumadin, Heparin, Lovenox, Plavix, Aggranox (if okay with your Primary Care Physician or Cardiologist)
- **Do not eat seeds or nuts** 5 days prior to colonoscopy.
- Purchase **Miralax** powder (238 gram bottle) and **Dulcolax** tablets. You will need 2 Dulcolax (Bisacodyl) tablets.
- Purchase at least 64 ounces of a clear liquid beverage to mix with the Miralax powder. We prefer that you use a "sports drink", such as Gatorade G2 or Propel water, due to its electrolyte content. **Avoid liquids that are red or purple in color.**
- You may also want to purchase petroleum jelly or diaper cream to apply to your anal area between frequent bowel movements.

DAY BEFORE COLONOSCOPY

- **Do not** take any oral diabetic medication the day before or the morning of your exam.
- **Insulin dependent diabetics** should take ½ the usual dose of Insulin the day before your exam and ½ the usual dose on the day of your exam. Continue to monitor your blood sugar as usual.
- Take any heart and/or blood pressure medications as usual.
- **Drink clear liquids only. Do not eat any solid food.** A clear liquid is something that you can see through, such as Gatorade, Crystal Light, chicken broth, Jell-O, coffee without creamer, soft drinks, or apple juice. **Avoid alcohol. Avoid liquids that contain red or purple dye.** Drink as much clear liquid as you can tolerate. This will prevent dehydration and improve the quality of the colon preparation (by flushing stool from the colon). A complete colonoscopy cannot be performed on an unclean colon.
- **At 12 PM, take 2 Dulcolax (Bisacodyl) tablets.**
- **At 5 p.m., mix the 238-gram bottle of Miralax with 64 oz of clear liquid. Drink 8 oz every 10-15 minutes until you have finished approximately half of the solution. If you start to feel sick during prep, slow down the rate you are taking the Miralax (i.e. take 20-30 minutes apart).**
- You may have additional clear liquids before going to bed.
- Individual responses to laxatives vary. Remain close to a toilet, as multiple bowel movements will occur.

DAY OF COLONOSCOPY-Clear liquids only as directed. NO solid food until after exam has been completed.

- Starting at _____ drink the other half of Miralax solution within 2 hours.
- Take any heart and/or blood pressure medications as usual.
- **STOP DRINKING CLEAR LIQUIDS 2 HOURS PRIOR TO YOUR EXAM.** Nothing after _____.
- Please wear sensible shoes (no heels) and comfortable clothing.
- **Please bring a list of your medications with you.**

MIRALAX IS AN OVER THE COUNTER MEDICATION AND IT IS NOT COVERED BY YOUR INSURANCE

*****YOU MUST HAVE SOMEONE TO DRIVE YOU HOME AFTER YOUR EXAM. WE REQUEST THAT YOUR DRIVER REMAIN DURING YOUR EXAM*****

****Our facility doors open at 6:30am. Should you be scheduled for an early morning procedure, please plan your arrival accordingly. ****