

## Colonoscopy Prep for MIRALAX

### What to Buy (Over the Counter)

Please purchase the following items in advance so you are ready to begin preparation four days before your procedure.

**Miralax powder (or generic equivalent)**

- One 238-gram bottle
- One 119-gram bottle for three days before your procedure.

**Dulcolax tablets**

- 4 tablets (5 mg each)

**Electrolyte drink - Gatorade**

- 64 ounces total
- No red, blue, or purple
- Sugar-free is OK if diabetic

**\*\*\* DO NOT FOLLOW THE INSTRUCTIONS ON THE CONTAINER, FOLLOW EACH STEP BELOW\*\*\***

**FOUR DAYS BEFORE PROCEDURE:**

Discontinue eating any foods with seeds, nuts, fruit, corn, vegetables with skin and popcorn. Also avoid multivitamins as well as iron, fiber, herbal and homeopathic supplements (unless advised by a physician).

**THREE DAYS BEFORE PROCEDURE:**

Using the 119-gram bottle of Miralax, mix one purple capful in 8 ounces of water and take once daily, start three (3) days before your procedure. Take twice a day if you struggle with constipation.

**ONE DAY BEFORE PROCEDURE:**

Clear liquids such as broth or bouillon, Jell-O, popsicles, Gatorade, tea, black coffee, soft drinks and water are allowed. **NO** red, blue, or purple liquids. NO SOLID FOOD OR MILK PRODUCTS. CLEAR LIQUIDS ONLY.



**AT 3:00 P.M.**

1. Take four (4) 5 mg bisacodyl/Dulcolax tablets
2. Prepare the Miralax solution by pouring the entire 238-gram bottle into 64 ounces of Gatorade (NO red, blue, or purple). Shake until fully dissolves, then refrigerate.



**AT 5:00 P.M.**

1. Drink eight (8) ounces of the Miralax/Gatorade every 10-15 minutes until you have finished half of the solution. Refrigerate the remaining solution.
2. Drink another 24 ounces or more of any clear liquid before bedtime.



If you experience significant nausea, stop drinking 1-2 hours to allow your stomach to empty. Then try resuming. Bowel movements usually start within 1-2 hours after you begin drinking and can continue 1-2 hours after you finish. Some patients may have a delayed response up to 5 hours.

**DAY OF PROCEDURE:**

Not following day of procedure instructions may cause your procedure to be cancelled due to safety concerns with anesthesia. Clear liquids only. **NO SOLID FOOD.**

**6 HOURS BEFORE PROCEDURE:**

- 6 hours before your procedure, **discontinue all forms of tobacco products INCLUDING ORAL CHEWING TOBACCO.**

**5 HOURS BEFORE PROCEDURE:**

- Drink the remaining Miralax/Gatorade solution, one glass every 10-15 minutes. The last glass must be completed at least 3 hours before procedure time.

**3 HOURS BEFORE PROCEDURE:**

- Nothing by mouth at this time.
- To help keep you safe during anesthesia, please do not eat, drink or chew anything after this time. If you have anything by mouth, your procedure may need to be canceled. This includes clear liquids, gum, chewing tobacco, and hard candy.

## Getting Ready: What You Need to Know

### TRANSPORTATION

If you are having sedation, you must have a driver who will stay at the endoscopy center during your procedure and drive you home. No driver, no procedure.

A taxicab is allowed only if a responsible adult accompanies you and will go home with you.

### DAY OF PROCEDURE MEDICATION INSTRUCTIONS

Continue using inhalers, taking heart and blood pressure, seizure, anti-anxiety and respiratory medications.

- Take these at least **3 hours before** your procedure with a small sip of water.
- If you have a rescue inhaler, please bring it with you on the day of the procedure.
- DO NOT take blood thinners or diabetic medications unless instructed.

### BLOOD THINNERS:

Blood thinners include prescription medications, injections, and some supplements. If you take any medication to prevent blood clots or thin your blood, please notify our office. Do not stop these medications unless instructed by your provider.

We will coordinate with your prescribing provider and let you know when (and if) you need to stop any medication. Please do not stop medications on your own. If you haven't heard from us, give our office a call—we want to be sure everything is on track so your procedure isn't delayed.

If you take blood thinners, please ask your prescribing provider whether you may continue **low-dose aspirin** while other medications are on hold.

Warfarin (Coumadin, Jantoven)	Edoxaban (Savaysa)
Rivaroxaban (Xarelto)	Clopidogrel (Plavix)
Apixaban (Eliquis)	Ticagrelor (Brilinta)
Dabigatran (Pradaxa)	Prasugrel (Effient)

### DIABETIC PATIENTS:

Please check with your prescribing Physician or Endocrinologist on how to adjust your insulin.

Do not take your diabetes medications the evening before and day of your procedure – but bring them with you.

Please check your blood sugar regularly during bowel prep and morning of procedure.

Procedures will be cancelled if blood sugar is 400 or above.

If you are concerned about low blood sugar, consider purchasing glucose tablets.

### DIET MEDICATIONS:

- Hold 7 days before your procedure (Phentermine, Adipex, Qsymia)
- If on a GLP1 medication, you must follow a clear-liquid diet the day before the procedure. It is not necessary to hold these medications.