



## Colonoscopy Instructions (MiraLax)

Please read these instructions at least one week before your procedure.

These instructions are time sensitive.

On the day of your procedure please bring your insurance card, photo ID and a list of **ALL** medications with dosages.

**Due to unexpected emergencies, your procedure time cannot be guaranteed.** A staff member will contact you one week prior to your procedure to confirm the date and arrival time.

You must have an adult drive you home after receiving sedation; UBER/LIFT/TAXI are **NOT** allowed. If you do not have a responsible driver (family member/friend) to take you home, your procedure will be cancelled.

### Important

- Do not stop **Aspirin** prior to your procedure unless instructed.
- Blood thinners such as **Coumadin (Warfarin), Plavix (Clopidogrel), Eliquis (Apixaban), Pradaxa (Dabigatran), Ticlid (Ticlopidine), Lovenox (Enoxaprin), Heparin, Xarelto (Rivaroxban)** will need to be adjusted prior to your procedure. Please check with the physician that orders these medications for specific instructions.
- **If you are a Diabetic:** Contact your prescribing or primary doctor regarding the adjustment of oral or injectable diabetic medications prior to your procedure.
- If you take **blood pressure, pain, antianxiety, and/or thyroid medications**, please take your morning dose with a sip of water on the morning of your procedure at least two hours prior to your procedure.

**Purchase at the Pharmacy:** Dulcolax (Bisacodyl) 5mg tablets, (1) 238-gram bottle of MiraLAX (polyethylene glycol), and Mylicon (simethicone, Gas-X) 80mg tablets or liquid. (No more than 500mg over 24 hours). You will also need to purchase 64 ounces of Gatorade, Propel, Vitamin water, Pedialyte or clear liquid of your choice. **If you are diabetic** you may substitute with Crystal Light, G2, or Gatorade/Powerade Zero. **(Avoid red, blue, and purple clear liquids).**

### 5 Days Before Colonoscopy

- Stop taking fiber supplements and products containing iron, including multivitamins.
- Avoid Anti-Inflammatory medications such as Advil, Motrin, Aleve, and Ibuprofen.
- Start a **low residue diet**: low residue foods include white rice, white bread, cooked fruit and vegetables, Rice Krispy's, milk, cheese, chicken, beef, white pasta, fish, eggs, and tofu.
- **Avoid High-Fiber foods**: such as popcorn, beans, seeds, corn, multigrain bread, and nuts. Limit your intake of salad/vegetables and fresh/dry fruit.

### Day Before Colonoscopy

- You may have a **light breakfast** before 9:00am (ex. toast, eggs, yogurt without fruit, coffee/tea).
- After breakfast start on clear liquid diet. Clear liquids are those you can “see through”. (ex. Apple juice, white cranberry juice, clear broth, coffee/tea without milk or cream, popsicles, jello, ginger ale).
- **No dairy or liquids that are red, blue, or purple.**
- No alcohol on day before or day of procedure.
- **At 4:00 PM** - Take **4 Dulcolax** tablets.
- **At 6:00 PM** – Mix the **MiraLax** in 64 ounces of Gatorade or clear liquid of choice. Shake well until all of the MiraLax powder is dissolved. Drink 8 ounces of the mixture every 15-20 minutes until you have completed 32 ounces.
- **IMPORTANT: If you experience prep-related symptoms (nausea, bloating, or cramping), pause or slow the rate of drinking until symptoms diminish.**
- You can continue to drink clear liquids up until midnight.

### Day of Colonoscopy

- Drink the second 32 ounces of **MiraLax** mixture as instructed above. This should be finished no later than 3-4 hours prior to your procedure time.
- Take **4 Mylicon (Simethicone) tablets** immediately after finishing the MiraLax mixture.
- You may continue to drink small amounts of clear liquids up until 2 hours prior to your procedure time.
- No chewing gum or eating mints/hard candy.
- If you were instructed to take any medications, you should take them with a small sip of water at least 2 hours prior to your procedure time.

