

## Colonoscopy Prep for MIRALAX

Date of Procedure: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

If you normally take Pletal (Cilostazol), Jantoven, Plavix (Clopidogrel), Coumadin, Warfarin, Persantine (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto or Pradaxa (Dabigatran) then ***we will contact your prescribing physician to make sure that it is okay for you to stop for the recommended number of days.*** We will contact you once they have responded. Do not stop aspirin for the procedure.

**FOUR DAYS BEFORE PROCEDURE:** Discontinue eating any foods with seeds, nuts, fruit or vegetables with skin and corn. Also avoid multivitamins as well as iron, herbal and homeopathic supplements (unless advised by a physician).  
\*\*\*Purchase Dulcolax tablets (minimum of 4 tablets), one (1) 238 gram bottle of Miralax powder and one (1) 64 ounce bottle of Gatorade (no red or purple).\*\*\*

[ ] **If your physician has recommended that you take extra Miralax, due to a history of severe constipation or other medical indication,** in addition to the regimen outlined for the day before and day of procedure, you will need to purchase 119 gram bottle of Miralax powder and take 17 grams (one capful) of Miralax in 8 oz of water twice a day, beginning 3 days before procedure.

**ONE DAY BEFORE PROCEDURE:** Clear liquids such as broth or bouillon, Jell-O, popsicles and Gatorade (NO red or purple), tea, coffee, clear soft drinks and water are allowed. NO SOLID FOOD OR MILK PRODUCTS.

***Diabetics: Insulin Pump – Follow instructions from Endocrinologist***

***Oral Diabetic or Insulin Dependent – Take half of your normal dose unless otherwise instructed.***



**3:00 P.M.** Take four (4) 5 mg bisacodyl/Dulcolax tablets. Prepare the Miralax solution by pouring the entire 238 gram bottle into 64 ounces of Gatorade (NO red or purple). Shake until Miralax has dissolved then place in refrigerator.

\*\*\*Bowel movements usually start within 1-2 hours after you begin drinking and can continue 1-2 hours after you finish.\*\*\*



**5:00 P.M.** Drink 8 ounces of the Miralax/Gatorade every 10-15 minutes until you have finished half of the solution. Place remaining solution in the refrigerator.

***Drink another 24 ounces of any clear liquid before bedtime.***

### **DAY OF PROCEDURE:**

- 6 hours before your procedure discontinue all forms of tobacco products
- **5 hours before your 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.**
- You may have clear liquids, gum and hard candy up to 3 hours before your procedure.

\*\*IF YOU TAKE BLOOD PRESSURE MEDICATIONS, YOU MAY TAKE THEM 3 HOURS PRIOR TO YOUR PROCEDURE TIME.

\*\*IF YOU ARE A DIABETIC, DO NOT TAKE YOUR MEDICATIONS BUT PLEASE BRING THEM WITH YOU.

\*\*DO NOT TAKE HEPARIN OR LOVENOX ON THE DAY OF PROCEDURE.