

Colonoscopy Prep for MIRALAX

Date of Procedure:_____ Arrival Time:_____

If you normally take a prescribed blood thinner like Pletal (Cilostazol), Jantoven, Plavix (Clopidogrel), Coumadin, Warfarin, Persantine (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto or Pradaxa (Dabigatran) then we have contacted your prescribing physician to make sure that it is okay for you to stop for the recommended number of days.

You will need to stop your blood thinner _____ days prior to your 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).

[✓] Your physician has recommended that you take Miralax in addition to the MIRALAX solution prior to the procedure. You will need to purchase Miralax 119 gram bottle and take 17 grams (one capful) in 8 oz of water twice a day, beginning 3 days prior to 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.
- ***Stop drinking 3 hours before your procedure. You are to have NOTHING by mouth 3 hours prior to your procedure.***

CONTINUED ON BACK ►

** YOU SHOULD USE INHALERS, AND TAKE HEART, BLOOD PRESSURE, SEIZURE, ANTI-ANXIETY, AND RESPIRATORY MEDICATIONS (**NO BLOOD THINNERS OR DIABETIC MEDICATIONS**). YOU SHOULD TAKE THESE AT LEAST 3 HOURS BEFORE YOUR PROCEDURE.

** IF YOU ARE DIABETIC, DO NOT TAKE YOUR MEDICATIONS BUT PLEASE BRING THEM WITH YOU. YOU MAY WANT TO CHECK YOUR BLOOD SUGAR. CALL US FOR HIGH BLOOD SUGARS > 350. **PROCEDURES ARE CANCELED FOR BLOOD SUGARS OF 400 OR GREATER.** IF YOU ARE CONCERNED ABOUT YOUR BLOOD SUGAR DROPPING, CONSIDER PURCHASING GLUCOSE TABLETS.

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

**** YOU MUST HAVE SOMEONE TO DRIVE YOU TO THE FACILITY, REMAIN ON THE PREMISES AND THEN DRIVE YOU HOME.**