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Colonoscopy Prep Instructions – **MIRALAX** – Split Dose Prep

PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED

5-7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p>At PHARMACY – No prescription needed, PURCHASE the following:</p>  <ul style="list-style-type: none">✓ Bisacodyl (Dulcolax laxative) – tablets, not suppositories (you will need 4).✓ Simethicone (Gas-X) tablets (you will need 4).✓ Miralax (Glycolax) 8.3 oz. (238 grams) bottle✓ 64 oz. of Gatorade, or any non-carbonated clear liquid (To mix with the Miralax). (Iced Tea, Crystal Light) Select green, yellow, or clear flavors – no purple or red  <p>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban), Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p>STOP all fiber supplements or medications containing iron 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel, and Fibercon.</p> <p>Arrange for a driver on the day of your procedure.</p>	<p>STOP consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none">• NO raw vegetables• NO corn (raw or cooked)• NO whole wheat or high fiber breads• NO nuts or popcorn• NO bran or bulking agents <p>Confirm that you have a driver for the day of the procedure. A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.</p> <p>Review paperwork and sign</p> <ul style="list-style-type: none">• Procedure authorization• Notice of Privacy Practices• Any other paperwork in the surgery center packet	<p>NO SOLID FOOD NO ALCOHOL Clear liquids ALL DAY</p> <p>AVOID anything red or purple in color. NO milk products or non-dairy creamer.</p> <p>SEE APPROVED CLEAR LIQUID LIST ON BACK OF FORM</p> <p>DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN, or JANUVIA Take only ½ of your regular insulin dose.</p> <hr/> <p>AT NOON:</p>  <p>Take 2 Dulcolax tablets. Do not crush or chew. Take 1 (one) Gas-X tablet. Mix the 238 gm bottle of Miralax in 64 ounces of Gatorade or other chosen non-carbonated clear liquid. Shake the solution until Miralax is dissolved and refrigerate.</p> <p>AT 3:00 PM:</p>  <p>Take 2 Dulcolax tablets. Do not crush or chew.</p> <p>BETWEEN 4:00 PM and 7:00 PM:</p>  <p>Begin drinking the Miralax solution at a rate of 8 oz. every 30 minutes. Drink a total of 6 (six) glasses during this time. This should leave 2 (two) glasses for tomorrow. Take 1 (one) Gas-X tablet. Continue with clear liquids until bedtime.</p>	<p>NO SOLID FOOD NO ALCOHOL DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN, or JANUVIA If you take insulin, DO NOT take your morning dose of insulin. You must take your blood sugar before leaving home. If your blood sugar level is above 300, please take your Regular insulin according to your provider's instructions/sliding scale. -Please bring your insulin with you to the procedure center. -All patients may take all other morning medications with sips of water.</p> <hr/> <p>4 HOURS prior to your procedure:</p> <p>Take 2 (two) Gas-X tablets.</p> <p>Drink remaining 2 (two) glasses of Miralax solution. (8 oz. every 20 minutes).</p> <p>You may continue to drink water until 3 HOURS PRIOR to your procedure.</p> <p>DRINKING LIQUIDS WITHIN THESE 3 HOURS WILL CAUSE YOUR PROCEDURE TO BE CANCELED OR POSTPONED!</p> <p>ALSO – NO gum, hard candy, mints, or tobacco products in these 3 hours</p>

A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is **IMPORTANT**. It does cause diarrhea and possibly abdominal cramping.

CLEAR LIQUIDS APPROVED LIST

NO RED or PURPLE

Must be something you can see through...



- Gatorade or Powerade
- Clear broth or bouillon – chicken or beef
- Coffee or Tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-aid or Crystal Light
- Fruit Juices (NO PULP)
- Jell-o, Popsicles, or Italian Ice

DON'T FORGET – these foods are NOT ALLOWED!



- Milk or Milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit, or Tomato Juice
- Creamed soups or any soup other than broth
- Oatmeal or Cream of Wheat
- Pudding or yogurt

Colon Cleansing Tips

- You may use over the counter hydrocortisone creams, tucks pads, or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- Chill the solution in the refrigerator or by placing in a bowl of ice. DO NOT add ice to the solution.
- Stay near the toilet! You will have diarrhea, which can be quite sudden...this is normal!
- If you experience nausea or vomiting, rinse your mouth with water and take a break ☺. Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- It is common to experience abdominal discomfort until the stool has flushed from your colon.
- Some find it easier to drink through a straw.
- Eventually, your stools will be liquid and clear enough to see the bottom of the toilet.
- If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID – YOU MUST DRINK ALL OF THE PREP!**

THINGS TO BRING WITH YOU

- ✓ A RESPONSIBLE DRIVER
- ✓ YOUR INSURANCE CARDS
- ✓ A PHOTO ID
- ✓ SIGNED PAPERWORK FOR THE FACILITY