

## Miralax Colonoscopy Prep

Your Colonoscopy Procedure is scheduled Date: \_\_\_\_\_ at Time: \_\_\_\_\_  
You should arrive at Time: \_\_\_\_\_ Location of Procedure: \_\_\_\_\_

**PLEASE NOTE** - Your arrival time is earlier than your procedure time. This allows for our staff to prepare you for your procedure. You must have a DRIVER to take you home and the driver must remain at the facility for the duration of your stay. If you do not have a driver present, your procedure will be cancelled.

Confirmation of appointment: You will be called 7 days prior to your procedure. If we do not reach you, we will continue calling up until 3 days prior to your scheduled procedure.

**Please Note - If we do not receive a phone call from you, your procedure will be cancelled. You may leave a message at 828-254-0881 to confirm, cancel or reschedule.**

**\*If you take a blood thinner listed below follow your physician's instructions for when to stop:**

Pletal (Cilostazol), Janoven, Plavix (Clopidogrel), Ticlid, Coumadin, Warfarin, Persantine (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto, Pradaxa (Dabigatran).

\*If you are a diabetic with an insulin pump, please contact your endocrinologist to help manage your insulin.

### 1 week Prior

\*Purchase the following:

Miralax (238-gram bottle),

Gatorade without red dye (64 oz bottle) and Dulcolax or (generic Bisacodyl tablets). You will need FOUR 5 mg Bisacodyl/ Dulcolax tablets.

--Purchase clear liquids such as broth, popsicles, tea, coffee, water, jello (lime, lemon, pineapple, banana or peach), Gatorade, soft drinks. (No red or purple liquids) for your clear liquid diet.

**Four (4) days** before your Colonoscopy, Date: \_\_\_\_\_

STOP ALL Iron supplements or Multivitamins with Iron; Herbal and homeopathic supplements.

**CONTINUE:** Your medications for your heart, blood pressure, asthma, aspirin or other chronic medical conditions unless otherwise instructed by your physician. This is very important.

Please avoid foods with seeds, nuts, fruit/vegetables with skin and corn until after procedure.

\*Last chance to cancel your appointment. Call our office number at 828-254-0881, if you need to reschedule your procedure or have any questions.

**One (1) Day** Before Colonoscopy, Date: \_\_\_\_\_

The day before your Colonoscopy procedure, begin clear liquid diet in the morning. No solid food or milk products, avoid red or purple liquids.

\*Drink plenty of fluids today for hydration.

**\*If you are a Diabetic:**

- Insulin pump - Follow your endocrinologist instructions.

-Oral diabetic - take half your normal dose.

- Insulin-dependent diabetic - Take half your normal dose.

\* At 3 PM take the four 5mg Bisacodyl/Dulcolax tablets. Prepare the Miralax solution by pouring the 238-gram bottle into the 64oz of Gatorade. Shake the solution until the Miralax has dissolved then refrigerate.

\* **At 5 PM** begin drinking the Miralax solution. Drink 8oz every 10-15 minutes until you have finished 1/2 of the solution. Rapidly drinking a glassful is better than sipping it slowly. Put the remaining solution in the refrigerator.

\*Continue to drink at least 24oz. of clear liquid before going to bed.

**The day of your Colonoscopy procedure, Date:** \_\_\_\_\_

\* 6 hours before STOP SMOKING and/or CHEWING TOBACCO.

\* 5 hours before your procedure Time: \_\_\_\_\_ drink the remaining half of the Miralax solution as above.

After your prep, the results should appear clear yellow or clear green liquid with no matter. If not, call our office at 828-254-0881 and ask to be transferred to The Endoscopy Center Nurse.

**DO NOT have anything by mouth 3 hours before your procedure, Time:** \_\_\_\_\_

**No Gum, Mints, Hard Candy, or Chewing Tobacco 3 hours prior to your procedure.**

\*If you take Heparin or Lovenox: DO NOT take day of procedure

\* Patients with Diabetes: DO NOT take your diabetic medicine. You may bring them with you.

\*Take your morning medication, with the exception of those listed above, with a sip of water at least 3 hours before your procedure, unless otherwise instructed by your physician.

**Be sure to bring the following:**

\* Responsible adult driver to stay with you and drive you home. Your procedure will not start without your driver present.

\* Insurance cards and photo I.D./License

\*Any co-insurance fees due.