

Miralax Prep with Miralax (3 days prior) Colonoscopy

Your Colonoscopy is scheduled on Date: _____ at Time: _____

You should arrive at Time: _____ Location of Procedure: _____

Please Note: The arrival time is earlier than the procedure time. This will allow for preparation time. You MUST have a DRIVER to take you home. 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 canceled.

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 the office to confirm, cancel or reschedule.

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

Pletal (Cilostazol), Jantoven, 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) over-the-counter, at your local drugstore.

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

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 procedure: Date: _____

*STOP ALL iron supplements and 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.

Three (3) days before your procedure Date: _____

Begin taking Miralax 17 grams twice a day for the next three (3) days. You will Continue taking Miralax 17 grams by mouth twice a day.

One (1) day before your Colonoscopy, Date: _____

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 3:00pm:** 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 5:00pm:** 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. *If you experience nausea or vomiting take a 15-20-minute break, then continue drinking prep solution.

*You may use Vaseline as needed for a sore bottom and your first bowel movement may take up to several hours to occur.

The day of your Colonoscopy Procedure, Date: _____

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

* 5 hours before your procedure Time: _____, drink 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 speak to the endoscopy 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 the day of your procedure.

*If you are a diabetic, please hold all diabetic medications. 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.