

COLONOSCOPY PREPARTION WITH MIRALAX

Date: December 5, 2019

Patient Name: «FirstName» «LastName»

You are scheduled for a colonoscopy at North Coast Endoscopy Suite 380 in the Lake Ambulatory Care Center on «NextAppt». Please arrive at the office _____ a.m./ p.m.

You will need to buy:

- 1 (238 gram) bottle of polyethylene glycol (MiraLAX®)
- 64 ounces of any clear liquid that isn't red or purple or orange (Gatorade®, Crystal Light® if diabetic).

1 WEEK BEFORE YOUR PROCEDURE

Discontinue: fiber supplements, herbal products, vitamin E and fish oil.

Please let us know if you are regularly taking aspirin, blood thinners such as Coumadin, Plavix as these will need to be stopped prior to the procedure under the guidance of the doctor giving you this medication.

If you have diabetes, ask your diabetic doctor what you should do the day before and the morning of your procedure. Do not take metformin (if you take this) the day of your procedure.

5 DAYS BEFORE YOUR PROCEDURE

DO NOT TAKE: aspirin, Motrin®, ibuprofen, Advil®, naprosyn, Aleve®, Excedrin or most arthritis medications. You may take Tylenol if needed.

Stop taking iron supplements.

Stop eating whole kernel corn, peas, beans, whole grains (such as oatmeal, brown rice, quinoa, wheat bread), nuts and seeds (such as poppy and sesame)

TWO DAYS BEFORE YOUR PROCEDURE

If you are usually constipated or take narcotic (opioid) medications or have had a poor prep in the past take:

- 1 capful of Miralax mixed with 8 ounces of liquid at breakfast, lunch and dinner.
- Follow a full liquid diet including: yogurt (without pieces of fruit), fruit juices without pulp, soda, broth or strained cream soups, nutritional supplements, ice cream and fruit ices.

THE DAY BEFORE YOUR PROCEDURE

-In the morning **mix** all 238 grams of Miralax powder with 64 ounces of room temperature clear liquid until it all dissolves. Then put it in the refrigerator as it may taste better chilled.

- Follow a clear liquid diet all day. **No solid food!** Don't drink anything red, purple or orange. Drink plenty of liquids in addition to water, coffee (no cream), and tea to make sure you get enough calories and to help with the preparation.

-Clear liquid diet: clear broth, bouillon, gelatin such as Jell-O®, flavored ice, hard candies, clear fruit juices (apple, white cranberry, lemonade, white grape), soda (7-Up®, Sprite®, ginger ale, seltzer), Gatorade®, Powerade®, black coffee, tea, water.

-**Do not drink:** red, purple, orange colored drinks, alcohol, nectars, milk or cream.

Miralax Preparation

1. At 6 pm the day before your procedure take 2 bisacodyl tablets by mouth with a glass of water.
2. At 6:15 pm drink 1 (8 ounce) glass of the Miralax mixture every 15 minutes for a total of 4 times. Using a straw may help. You will be half way finished with the Miralax mixture. Put the mixture back in the refrigerator.
3. **Continue to drink liquids.** Bowel movements may start an hour after drinking the Miralax but may not start after drinking the first half. This is ok.
4. Consider petroleum jelly (Vaseline®) or A&D ointment to the skin around your anus after bowel movements to help prevent skin irritation.

FOR A MORNING PROCEDURE:

5. At 10 pm take 2 bisacodyl tablets by mouth with a glass of water.
6. Then drink the second half of the Miralax mixture (8 ounces every 15 minutes) until you finish the bottle.
7. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

FOR AN AFTERNOON PROCEDURE:

5. *At 5 AM take 2 bisacodyl tablets by mouth with a glass of water.*
6. *Then drink the second half of the Miralax mixture.*
7. *DO NOT eat or drink anything after 7 AM the day of your procedure.*

THE MORNING OF YOUR PROCEDURE

1. Nothing by mouth including medications the morning of the procedure (unless afternoon procedure – see above).
2. You must have a driver to take you home the day of the procedure.
3. Your driver should plan to be here approximately three (3) hours.
4. You are not allowed to drive the day of your procedure.

It is very important for you to keep your appointment on the scheduled date. Please cancel for true emergencies only. Thank you for your cooperation. Please call us between the hours of 9-5 if you have any questions. Thank you!