



MIRALAX Colonoscopy Instructions

PLEASE READ THESE INSTRUCTIONS AT LEAST 72 HOURS PRIOR TO YOUR PROCEDURE

You will need to purchase a 238 gram bottle of Miralax (available without a prescription) and 4 Dulcolax tablets. Please purchase at least 3 days prior to your procedure.

7 DAYS before your procedure: Stop taking Advil, Aleve, ibuprofen, Motrin, Bufferin, Excedrin etc. Only Tylenol is suggested for pain management. Also, stop taking Iron supplements and Pepto-Bismol at this time.

You may continue to take aspirin if you are required to for cardiac reasons, but please inform your doctor and our staff in advance of your procedure.

****If you take clopidogrel (Plavix), warfarin (Coumadin), Dabigatrin (Pradaxa), Rivaroxaban (Xarelto) Apixaban (Eliquis) or any other blood thinner, please inform your doctor immediately.****

****If you are a diabetic taking insulin, please discuss with your primary care physician or endocrinologist regarding dosing prior to your procedure.**

5 DAYS before your procedure: We advise that you begin a diet of easily digestible foods such as: white rice, white bread, pasta, fish, chicken, pork, eggs, potatoes, well-cooked vegetables, fruits without the skin, yogurt and cheese. **AVOID: High fiber/high roughage foods**, whole wheat bread products, red meat, foods with seeds (tomatoes, strawberries, grapes, and oranges), yogurt with fruit mixed in, nuts, olives, beans and corn (foods with a skin). Fibers from these foods can clog the colonoscope.

THE DAY BEFORE YOUR PROCEDURE: You may have a light breakfast before 9am (oatmeal, toast with jam, eggs, protein shake, yogurt, instant breakfast but no seeds/nuts or large portions). **After this meal, you will start a clear liquid diet. Keeping well-hydrated before you begin taking the prep will improve the preparation of your procedure.**

You may consume **clear liquids up to 4 hours before your procedure.** Allowable liquids include: White cranberry juice, apple juice, lemonade, clear sodas, Snapple, Gatorade, coffee and tea (without milk or creamer), clear chicken broth, Jell-o and ice pops. Please avoid liquids that are heavily colored, such as red cranberry juice, cherry Gatorade, grape soda etc. as these dyes will affect the color of the stool. Avoid juices with pulp. You should take your regular medications with sips of water unless you are instructed otherwise.



If your procedure appointment is before 12 PM:

Step 1 – 4-6 PM Afternoon/Early Evening Before Your Procedure:

- 1) Take two (2) Dulcolax tablets with 8 ounces of water. Swallow the tablets whole with a full glass of water.
- 2) Mix bottle of Miralax in 64 ounces of clear liquid. Shake the solution until the Miralax is dissolved and refrigerate it.

Step 2 – 8 PM Evening Before Your Procedure:

- 1) Shake the solution again to make sure the Miralax is dissolved.
- 2) Drink 8 ounces of the solution every 10-15 minutes until you have finished about $\frac{3}{4}$ of the solution. You may drink as much clear liquids as you wish prior to going to sleep.

Step 3 – 10 PM Evening Before Your Procedure:

- 1) Take two (2) additional Dulcolax tablets with 8 ounces of water. Swallow the tablets whole with a full glass of water.
- 2) Drink the remaining solution

If your procedure appointment is on or after 12 PM:

Step 1 – 8 PM Afternoon/Early Evening Before Your Procedure:

- 1) Take two (2) Dulcolax tablets with 8 ounces of water. Swallow the tablets whole with a full glass of water.
- 2) Mix bottle of Miralax in 64 ounces of clear liquid. Shake the solution until the Miralax is dissolved and refrigerate it.

Step 2 – 10 PM Evening Before Your Procedure:

- 1) Shake the solution again to make sure the Miralax is dissolved.
- 2) Drink 8 ounces of the solution every 10-15 minutes until you have finished about $\frac{3}{4}$ of the solution. You may drink as much clear liquids as you wish prior to going to sleep.

Step 3 – 6 AM Morning of Your Procedure:

- 1) Take two (2) additional Dulcolax tablets with 8 ounces of water. Swallow the tablets whole with a full glass of water.
- 2) Drink the remaining solution

NOTE: If you are not having loose bowel movements by the time you are due for your second dose of MIRALAX, please take *either* 15mg of Dulcolax (bisacodyl is the generic – take three 5mg tablets) *or* one 10oz bottle of Citrate of Magnesia **and** start your second dose of MIRALAX.



ESCORT POLICY: It is **REQUIRED** that someone picks you up after the procedure. Your escort can be called when you are in recovery.

CANCELLATION POLICY: If you must cancel, please call the office **at least 48 hours** before the date of your procedure so we may offer your appointment to a patient on our waiting list. **There is a \$175 cancellation fee for any procedure cancelled less than 48 hours in advance.**

Frequently Asked Questions

What should I bring to the Center on the day of my procedure?

- Photo ID and insurance card
- List of medications
- Remove all jewelry, piercings and nail polish before arriving. If you have a non-removable piercing, please contact your physician's office.
- You will need to remove contact lenses before your procedure. Please bring extra contact lenses or glasses with you if required.
- You will have a locker to store your belongings

What if I am on my menstrual cycle on the day of my procedure?

Your menstrual cycle will not affect your procedure.

PLEASE NOTE: Female patients under the age of 55 will be asked to submit a urine sample for the purposes of pregnancy testing prior to their procedure.

What should I wear to the Center?

Wear comfortable clothing that is easily stored and removable.

What if I am breastfeeding?

- In general, breastfeeding is considered to be safe after one is fully recovered from anesthesia.
- If you are breastfeeding, please discuss with your gastroenterologist prior to your procedure and notify the anesthesiologist on the day of your procedure.

How long will I be at the Center for my procedure?

- Most patients spend an average of 2-3 hours at the Center.
- Your adult escort does not have to be with you the entire time and you may call your escort once you are in the recovery area to coordinate pick-up.

Will cannabis use impact my procedure?

- If you smoke or vaporize cannabis, please discontinue use 12 hours prior to your procedure.
- If you ingest cannabis, please discontinue use 8 hours prior to your procedure.
- Cannabis use can have cardiac and respiratory effects that may have an impact during your procedure

If I have had a recent bed bug exposure, should I still come in for my procedure?

- Our nurses screen all patients thoroughly for risks associated with bed bug exposures. Please let your physician know if you have had a recent bed bug exposure.

What if I just gave birth prior to my procedure?

- Please inform your physician if you are less than 6 weeks post-partum.