

# Preparation For Your Colonoscopy

## MIRALAX

### **PURCHASE THE FOLLOWING OVER-THE-COUNTER:**

1. Four (4): 5mg BISACODYL DULCOLAX LAXATIVE TABLETS
2. One (1) bottle of MIRALAX, 238 grams
3. 64oz GATORADE AVOID Red, Pink or Purple colors

### **IMPORTANT:**

- **It is highly recommended that you contact your insurance and ask for your benefits. Take the necessary steps needed to ensure that your procedure is covered. If prior authorization is needed please notify the office.**
- DO NOT TAKE Advil, Ibuprofen, Aleve, Naproxen, Motrin, or Vitamins containing iron two (2) days prior to the procedure.
- Aspirin and compounds containing aspirin MAY BE TAKEN up to the day of the procedure.
- If you are taking blood thinners such as Coumadin, Eliquis, Pradaxa, Xarelto or Plavix please contact your primary doctor, Cardiologist or Neurologist about stopping these medications. Ideally these medications should be stopped three (3) days prior to the procedure.
- If rescheduling or canceling of your appointment is necessary, please do so at least three (3) days prior to the date of your scheduled procedure to avoid a cancellation fee.
- **Please keep in mind that no appointment is guaranteed. If schedule changes were to occur, we will notify you as soon as possible.**

### **THE DAY BEFORE YOUR PROCEDURE- No solid food!**

- I. In the morning: Have a clear liquid diet beginning at breakfast.
  - a. Clear liquids are anything you can see through. NO DAIRY PRODUCTS.
    - i. Coffee or Tea: Decaf without cream.
    - i. Soda: 7up, Sprite, Ginger Ale, Coke, Pepsi or any other flavors.
    - ii. Jell-O: Light Colors only, NO RED OR PURPLE COLOR JELLO!!
    - iii. Broth: Clear bouillon of any flavor, homemade soups may be strained. Soup should not contain any vegetables or meat.
    - iv. Juices: Apple or Orange (No Pulp). Hard Candy is fine.
    - v. Popsicles or Sorbet (Italian Ice): NO RED OR PURPLE COLOR.

### CONTINUED

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- II. *Lunch:* Continue your clear liquid diet. DRINK PLENTY OF WATER

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- a. At 1:00 PM take four (4): 5mg DULCOLAX LAXATIVE TABLET(S).
- III. *Dinner:* Continue a clear liquid diet for dinner. NO ALCOHOL!
  - a. 5:00 PM (the evening prior to the procedure) mix the 238 grams of MIRALAX into 64oz of GATORADE. Shake the solution until the MIRALAX is dissolved. You will drink 8 ounces of the mixed solution every 10-15 minutes until 32oz of the solution is completed.
  - b. Drink the second 32oz of the solution again at 9:00 PM (the night before the procedure). If your procedure is scheduled after 12:00 PM, then drink the second bottle at 5:00 AM the morning of the procedure.
  - c. **If you have any liquid in the time frame of 8 hours before your procedure- this can delay your procedure time or may need to be rescheduled.**
  - d. Please contact the office if you still have solid stool or dark brown stool after drinking the preparation or if you are experiencing severe pain or vomiting.
  - e. Initially you may feel slightly bloated but will become more comfortable as you continue to have bowel movements. You may continue drinking clear liquids up to midnight.

### **DO NOT EAT OR DRINK 8 HOURS PRIOR TO YOUR PROCEDURE TIME**

#### THE DAY OF YOUR PROCEDURE:

- I. If you take blood pressure or heart pills, please take them in the morning with a TINY SIP OF WATER. All other medication can wait until after the procedure. You cannot have anything to eat or drink till after the procedure.

**\*DO NOT SMOKE THE DAY OF YOUR PROCEDURE!\***
- II. For the procedure, sedation will be administered intravenously.
- III. In all situations: **YOU MUST HAVE SOMEONE ACCOMPANY YOU HOME.** You cannot drive yourself home or walk home.

**UBERS/ LYFT's, AND TAXIS are NOT permitted unless someone is with you who can be responsible for you. Your procedure will need to be rescheduled if you do NOT have a ride home!**
- IV. IF YOU DON'T RECEIVE CONFIRMATION FROM THE HOSPITAL OR THE ENDOSCOPY CENTER THE DAY BEFORE YOUR SCHEDULED PROCEDURE, CALL OUR OFFICE TO CONFIRM TIME, DATE AND LOCATION.

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Rev 06/2019