

*PLEASE CHECK YOUR PROCEDURES' LOCATION IN THE EMAIL.

ADVANCED

Gastroenterology & Hepatology

Preparation instructions for Colonoscopy with Miralax

DATE: ___/___/___ ARRIVAL TIME: _____

PROCEDURE TIME: _____

What you will need:

- 238-gram of MiraLAX powder, sold over the counter
- 64 ounces of a sports drink, like Gatorade, Propel, or Powerade, to mix with MiraLAX. **NO RED, CHERRY, OR PURPLE**
- 4 **Dulcolax** tablets, also available over the counter

Take all regularly scheduled medications unless otherwise specified

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1. Do not take iron at least **two weeks** before your procedure.
 2. Do not eat any nuts, seeds, or whole grains at least **one week** before your procedure.
 3. Do not take any blood thinners **five days** before your procedure, such as Plavix or Coumadin (Warfarin). If you take Coumadin, you must have a PT/NR blood level test the day before your procedure.

The day before your colonoscopy:

1. Do NOT eat any solid food for the **entire day** prior to your procedure.
2. **Consume only CLEAR liquids the entire day.**
This includes any liquids you can see through that are **NOT red or purple: clear broths**, etc., clear juices: apple, white grape, lemonade without pulp, water, flavored water, sodas (Sprite, 7up, Ginger Ale), Gatorade, tea, black coffee (no milk or cream), popsicles, Italian ices.

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3. At 9 AM take 2 Dulcolax tablets. At noon, mix the 238-gram of MiraLAX in the 64 oz. Gatorade or other approved liquid listed above. Shake the solution until the MiraLAX is dissolved. Drink an 8 oz. glass every 15-30 minutes until the entire solution is gone. Please take your time drinking the solution and ensure the entire solution is finished. At 3 PM, take the last 2 Dulcolax tablets.
4. Please continue drinking clear liquids till 12 am to prevent dehydration.

NOTHING BY MOUTH AFTER MIDNIGHT

The day of your colonoscopy:

NOTHING BY MOUTH THE MORNING OF YOUR PROCEDURE

1. If you take blood pressure, heart, or seizure medication, take only those medications at 6:00 AM with a small sip of water.
2. If you are diabetic, check your sugar level at 6:00 AM. If your sugar is **GREATER** than 200, take ½ of your morning dose of insulin. Do not take your sugar pill.
3. Do not take any other medications until after the procedure.
4. Leave all your valuables at home. You must have someone with you to drive you home. Your procedure will be rescheduled if you do not have a ride.

Call our office if you have any questions or concerns, or need to cancel or reschedule.

*****PLEASE BEAWARE THAT YOU MUST HAVE A DRIVER AND SOMEONE NEEDS TO BE WITH YOU DURING YOUR PROCEDURES.*****