

INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX PREPARATION

Please hold the following medications for 5 days before exam: Advil, ibuprofen, Motrin, Aleve, naprosyn, iron, aspirin or any medications you take for arthritis (you may take prednisone).

If you are taking blood thinners (to include coumadin, Plavix, Aggrenox, Ticlid, Persantine, dypridamole, Lovenox), please contact your referring physician about guidance with these medications.

Additional medication instructions: _____

1. **Begin a clear liquid diet (see below) at _____ on _____.**
2. **Take four (4) Dulcolax (bisacodyl) tablets before beginning your prep.** (These may be purchased at any pharmacy or grocery store.)
3. Mix one bottle of Miralax (255gms) in 64 ounces (one-half gallon) of Gatorade. You may use any flavor of Gatorade except red or purple. Chill prior to consumption.
4. **Begin drinking the Miralax/Gatorade solution at _____ on _____.** Try to drink one glassful every 10 – 15 minutes. It is best to drink each glass quickly rather than sipping it. **The entire prep should be consumed within 2-4 hours. Note:** It takes the entire laxative solution to do a really good job of cleansing and get an optimum exam. If your colon is not adequately cleansed, you may have to be rescheduled.
5. Feelings of bloating, chills, and/or nausea are common after the first few glasses due to the large volume of fluid ingested. This is temporary and will improve once bowel movements begin but may continue intermittently for one to two hours after the last glass is finished. Most people have a bowel movement within an hour or two of starting the laxative. Sometimes, there may be a delay of four hours. You just need to be patient. Remember to stay close to the bathroom.
6. **You may have clear liquids until _____ on _____, then nothing by mouth until after the exam.** If your procedure is scheduled for the afternoon, you may take your usual morning medications with the exceptions noted above.
7. **Report to Desk 3B at _____ on _____** for your colonoscopy with Dr. _____.

Clear liquids include all of the following: Strained fruit juices without the pulp, water, clear broth or bouillon, coffee or tea (without milk or non dairy creamer), Gatorade, carbonated and non carbonated soft drinks, Kool-aid, (or other fruit flavored drinks), plain Jello (without fruit or toppings), and ice popsicles. **No red or purple please. No milk products or solids.**

If you have questions please feel free to contact our nurse at 254-724-1673/5401/3646
or Toll free at 1-866-366-0517 option 4

**You must bring a driver and have them remain in the 3B lobby during the exam.
The procedure will not be done without a driver present!**

****Only light make up should be worn**
** Please do not wear any jewelry ****