

INSTRUCTIONS FOR COLONOSCOPY
MIRALAX PREP

If you have been taking anticoagulant medication (**Coumadin or Plavix**), **iron supplements** or **multivitamins** that contain iron; **aspirin** or **aspirin containing products**; **ibuprofen** or **naproxen**, please **discontinue** them **7 days prior** to your test. ***If you are diabetic please contact your physician for further instructions. ***

Purchase: **Miralax (238 grams) over the counter**
4 Dulcolax tablets
64oz of drink (Gatorade, water, juice "no red")

Mix the entire bottle of Miralax in the bottle of Gatorade. You may want to pour one 8oz. glass out of the Gatorade bottle before mixing. May Refrigerate.

DAY BEFORE THE EXAMINATION:

DRINK ONLY CLEAR LIQUIDS the entire day (breakfast, lunch and dinner)
Clear Liquids include: water, clear broth/bouillon, soda, tea, coffee (without milk or non-dairy creamer), clear juice without pulp (apple, white grape or lemonade), Jell-O (lemon and/or lime without added fruit), popsicles, Gatorade, Kool-Aid, other fruit flavored drinks. **AVOID:** red colored liquids, milk or milk products, alcohol. No solid food.

Begin Prep anytime between 12:00 – 4:00 pm (the earlier you start the earlier you will be able to go to sleep)
The prep will most likely last at least 8 hours. **Drink as many liquids as possible throughout the day to stay hydrated.**

Step 1: Take 4 Dulcolax laxative tablets by mouth.

Step 2: Two Hours after taking Dulcolax – Drink one 8oz. glass of the Miralax/Gatorade.

Repeat every 15 minutes until you have finished the 64oz. of liquid (approximately 1 ½ to 2 hours). If you become nauseated, take a 30-minute break, but you still need to finish all the mixture.

You may continue drinking clear liquids until midnight. **Nothing by mouth after midnight.**

DAY OF THE EXAMINATION:

DO NOT drink anything the day of your exam. If you have specific medical conditions such as high blood pressure or angina, you may take your morning medications with a small sip of water early on the day of your test.

Bring with you:

1. **Someone to drive you home.** You will be given sedation before your examination. You will **NOT** be allowed to leave unaccompanied and you will **NOT** be able to drive a car for the remainder of the day. Space is limited to please only bring one family member/person with you.
2. Insurance cards and driver's license and a list of your medications.

If you have to **CANCEL** your procedure please call our OFFICE at 687-0234.

Attention: Due to ever changing insurance policies, we do not verify benefits. Because the course of your care can change during the pre-procedure interview with your physician or the procedure itself, we recommend strongly that you verify your individual coverage for screening exams as well as therapeutic procedures. Please feel free to contact our office if you have any questions. For more information visit www.endoscopicservicespa.com