

PREP INSTRUCTIONS: COLONOSCOPY – MIRALAX

7 DAYS BEFORE YOUR APPOINTMENT:

PURCHASE:

- 1 small box of simethicone (Gas-X) chewable 125mg tablets
- 1 small box (4 tablets) of bisacodyl (Dulcolax) 5mg tablets
- 1 bottle of polyethylene glycol powder (MiraLAX) 8.3 ounces (238g)
- 2 bottles of electrolyte drink like Gatorade, 28 ounces EACH

MEDICATIONS:

Ask your primary care provider about managing diabetes medications prior to your procedure.

We ask you to stop taking blood thinners 3-7 days before your procedure. Please confirm with your doctor that this is safe and notify us if they say it is not. Examples:

Coumadin (warfarin)

Xarelto (rivaroxaban)

Effient (prasugrel)

Eliquis (apixaban)

Plavix (clopidogrel)

Brilinta (ticagrelor)

3 DAYS BEFORE YOUR APPOINTMENT:

Stop eating high-fiber foods and whole grains. Avoid nuts, seeds, beans, corn, raw vegetables and fruits with skin. Stop fiber supplements.

THE DAY BEFORE YOUR APPOINTMENT:

Stop eating solid foods. Restrict your diet to clear liquids the entire day starting at midnight (see handout). Stay hydrated!

12:00pm (noon):

take 4 bisacodyl tablets

5:00pm:

Chew 2 simethicone tabs

Mix the bottle of MiraLAX with the 2 bottles of electrolyte/sports drink

Drink 1 cup every 15 minutes until 3/4 of the solution is gone

Continue to drink lots of other clear liquids

THE DAY OF YOUR APPOINTMENT:

5 hours before your appointment:

Take your daily prescribed medications with a small sip of water.

Chew 2 simethicone tablets

Drink the rest of the MiraLAX mix

4 hours before your appointment:

STOP DRINKING

Nothing by mouth including water, gum or mints.

OTHER INFORMATION:

You must have an adult accompany you home.

Bring glasses, hearing aids, insurance cards and payment. Do not bring valuables.

Copays, coinsurance and/or deductibles are required at time of service.

You may receive up to 4 separate bills: 1-facility, 2-physician, 3-anesthesia, 4-pathology

Rescheduling or cancellation must be done 2 full business days in advance. Failure to do so can result in a \$100 fee.

HELPFUL TIPS:

Drink a lot of clear liquids. This helps your prep and keeps you hydrated.

Stay near a toilet. You will have diarrhea. It should be clear or light yellow.

Allow for extra travel time to your appointment. You may need to make bathroom stops.

If you have nausea or vomiting:

- Take a short break
- Chew gum
- Make your MiraLAX drink cold and use a straw