

## 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)
- 3 bottles of electrolyte drink like Gatorade, 28 ounces EACH

#### MEDICATIONS:

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

Blood thinners must be stopped before your procedure, usually 2-7 days in advance. Please confirm the exact timing with your prescribing doctor and notify us if they advise against stopping the medication(s). Examples:

Coumadin (warfarin)  
Eliquis (apixaban)

Xarelto (rivaroxaban)  
Plavix (clopidogrel)

Effient (prasugrel)  
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. The entire day before your procedure, you must restrict your diet to clear liquids only (see handout). Stay hydrated!

#### 12:00pm (noon):

Take 4 bisacodyl tablets

#### 5:00pm:

Chew 2 simethicone tablets

Mix the bottle of MiraLAX with the 3 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

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 be accompanied home by a friend or family member (18+), regardless of transportation method.

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 3 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 the 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