

COLONOSCOPY- Prep Instructions for Miralax Laxative Prep

Strict compliance with these instructions is necessary to avoid misdiagnosing and to ensure a safe and complete exam.

About Miralax: Miralax is taken to clean your colon prior to your colonoscopy. This solution **DOES NOT** require a prescription. You may obtain Miralax at your local pharmacy or majority of the box stores. If you have difficulty finding Miralax Laxative and have not obtained your prep one week prior to your procedure, please call our office at (309) 451-1123 for assistance.

Medication / Diet Instructions: It is very important you read this section carefully. If you have any questions regarding your medications, please call the Gastrointestinal Institute at (309) 451-1123 to speak with a nurse.

- **7 days prior** to your procedure: Begin a low fiber diet; You must stop taking all iron supplements, Aspirin 325 mg, Aspirin 81 mg, and all aspirin related products (for example: Excedrin). Discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, etc. Avoid fish oil, corn, seeds, nuts and popcorn.
- **Blood Thinner Medications:**
 - **Stop** taking NSAID's and NSAID related products at least 7 days prior to your procedure.
 - **If you take Coumadin or Warfarin:** You must stop these medications 3 days prior to your procedure with the approval of your prescribing physician. **Contact our triage nurse for specific instructions** at (309) 451-1123 by selecting the option "nurse".
 - You may take Tylenol as needed.
 - Continue taking all other blood thinners as prescribed.
- **1 day prior** to your procedure: **Do not eat any solid food the day before or the day of your procedure.** You must be on a clear liquid diet the day before your procedure. See below.
- **Blood Pressure, Heart, seizure, and chronic pain medication:** Continue to take these medications as directed. Take them the day of your procedure with a **small sip of water** at least 2 hours before procedure.
- **Diabetic medication:**
 - If you take **insulin**, please reduce your dose(s) to half of the normal amount the day of your procedure.
 - If you have an insulin pump, please notify the scheduler during the scheduling process or the Gastrointestinal Institute as soon as possible at (309) 451-1123.
 - Do **NOT** take any oral diabetic medication the day of your procedure.
- **Bring a complete list** of your medications. **Also bring your inhalers** with you on the day of your procedure.

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Miralax Laxative Instructions:

- You will need:
 - 4 Dulcolax (bisacodyl) 5mg tablets
 - 1 Container (238mg) Miralax Laxative
 - 2 bottles of CLEAR Gatorade

The day before your procedure:

You will be on a clear-liquid diet only. You must not have any solid food.

Do not consume anything that is red, orange, or purple in color. Do not consume any liquids you cannot see through. Do not consume alcohol the day before or the day of your procedure.

Acceptable clear liquids include water, clear broth, apple juice, white cranberry juice, white grape juice, soda, gelatin (Jell-O), popsicles, coffee, and tea (no milk or creamer).

Start between 4:00 PM and 6:00 PM - Day Before Your Procedure (2 Dulcolax tablets, 119mg Miralax, & 64 ounces Gatorade):

1. Take 2 Dulcolax (bisacodyl) tablets by mouth with a glass of water.
2. Mix half the container of the **MIRALAX** Laxative into a 64-ounce **CLEAR** Gatorade drink.
3. Drink 8 ounces of the Miralax/Gatorade.
4. **Wait 10 minutes.**
5. **Repeat steps 1-3 every 10 minutes until you have consumed the entire 64 ounces.**
 - ❖ **Continue to drink 16 oz. of clear liquid every hour until bedtime.**

The Day of Your Scheduled Procedure (Continue to drink the rest of Miralax, & Gatorade until gone):

Procedures scheduled Before 11:00 AM – Start Prep at 2:00 AM

 After 11:00 AM – Start Prep at 6:00 AM

1. Repeat **steps 3-4 as you did the day before.**
 - ❖ **Stop ALL LIQUIDS 2 hours before your procedure.**

Please be aware: Your stools should be light yellow to clear with no solid particles prior to coming to Gastrointestinal Institute. If you have any questions or concerns regarding this prep, please call the triage nurse at (309) 451-1123 for further guidance.

You must have a responsible driver who is 16 or older to accompany you and drive you home.

A taxi or shuttle is not an approved means of transportation **unless you have** a family member or friend with you. You may not drive until the day after your procedure. If you do not arrive with a driver, your procedure will be rescheduled, and you may be charged a cancellation fee.