

## MIRALAX INSTRUCTIONS- Early Morning

Please follow the instructions below. Failure to read and comply with these instructions will result in a poor colon prep and will jeopardize the safety of the colonoscopy. This will result with us having to cancel your procedure.

\*You need to buy the following (no prescriptions are needed)

1. **One 64 oz or two 32 oz bottles of Gatorade, Propel, Crystal Lite or other clear liquid drink (no red colors).**
2. **Dulcolax laxative tablets** (not suppository or stool softener) you will need 4 tablets for the prep
3. **Miralax 238 grams (8.3 ounces) powder** or generic polyethylene glycol 3350

### Day BEFORE the colonoscopy:

**Allowed:** Clear liquids only. Examples include water, tea, coca-cola, fruit juices, Jello, chicken or beef broth, Sprite, coffee, sports drinks, & popsicles. Please consume plenty of liquids. A colonoscopy prep can cause dehydration and loss of electrolytes if you do not.

**Avoid:** All solid foods, milk and milk products, alcohol, and any item with red or purple dye.

### BEGIN COLON PREP AS DETAILED BELOW

- 1) In the morning, in a pitcher, mix the 8.3 oz of Miralax with the 64 oz of preferred liquid. Stir the contents until the entire contents of Miralax is completely dissolved. Chill if desired.
- 2) **At 1 pm** take 4 tablets of Dulcolax laxatives pills with water by mouth.
- 3) **At 3 pm** drink half the Miralax solution. Drink one 8-ounce glass every 15 mins.
- 4) **At 8 pm** drink the other half of the solution. Again, drink one 8-ounce glass every 15 mins till finished with all the solution.

## YOU CAN HAVE NOTHING BY MOUTH AFTER MIDNIGHT

### Day of the Procedure

- 1) You may take your blood pressure pill or heart medicine the morning of the procedure with a small sip of water.
- 2) You cannot have gum, hard candy, or anything by mouth the morning of surgery.
- 3) Someone must always remain at the facility with you and be able to drive you home.

### Please call our office if you take any of the following

- \_\_\_ Plavix(clopidogrel), Effient, (stop 7 days prior)
- \_\_\_ Coumadin(warfarin), Pradaxa, Xarelto (stop 4 days prior)
- \_\_\_ Aggrenox (stop 5 days prior)
- \_\_\_ Brilinta (stop 3 days prior)
- \_\_\_ Eliquis (stop 2 days prior)
- \_\_\_ Adipex/Phentermine and all other diet related pills (stop 2 weeks prior)

**DO NOT** stop taking these medications unless we clear it with your doctor first.

If you are diabetic:

- 1) Use sugar-free drinks during the prep and monitor your blood sugar closely to prevent low blood sugar and use insulin sliding scale if needed for high values.
- 2) Hold your diabetic medication the morning of the procedure if you are not on insulin.

Helpful tips:

- 1) Some people may develop nausea with vomiting during the prep. The best remedy for this is to take a break from drinking the solution for about 30 mins and then resume drinking at a slower rate. It is important to drink the entire contents of the solution.
- 2) Walking between drinking each glass can help with bloating.
- 3) Use baby wipes instead of toilet paper.
- 4) Apply some Vaseline or Desitin to the anal area/between buttock prior to beginning the prep and reapply as needed.
- 5) Remain close to toilet facilities as multiple bowel movements may occur. This prep often works within 30 mins but may take as long as three hours.

After the Procedure

**You MUST bring an adult to drive you home.** You will not be able to drive for 12 hours due to IV sedation. The procedure is done using conscious sedation. This means you will be awake enough to breathe on your own but sedated enough to not know what's going on. Cramping or "gassiness" is not uncommon after the procedure.

Results and Follow-Up

Results will be given both verbally and in written form right after the procedure. They will be discussed with you and anyone waiting for you if you so direct. Pathology results will be mailed to you within 2 weeks. We will contact you by phone if anything needs immediate follow-up. If you have not heard anything by 2 weeks then contact the office for your results.

Office follow up is usually not necessary. If you would like a follow up appointment or other issues are involved, please call our office. Your next recommended colonoscopy is usually based on family history, findings at the time of colonoscopy, pathology results or other risk factors.