

## Colonoscopy Instructions (Miralax)

Please read these instructions at least one week before your procedure.  
These instructions are time sensitive.

On the day of your procedure, please bring your insurance card, photo ID and a list of ALL medications with dosages.

Due to unexpected emergencies, your procedure arrival time cannot be guaranteed. A staff member will contact you one day prior to your procedure to confirm your arrival time.

You must have an adult drive your home after receiving sedation; UBER/LIFT/TAXI are **NOT** allowed. If you do not have a responsible driver (family member/friend) to take you home, your procedure will be cancelled.

### **Important**

- Do not stop **Aspirin** prior to your procedure unless instructed.
- Blood thinners such as **Coumadin (Warfarin)**, **Plavix (Clopidogrel)**, **Eliquis (Apixaban)**, **Pradaxa (Dabigatran)**, **Ticlid (Ticlopidine)**, **Lovenox (Enoxaprin)**, **Heparin**, **Xarelto (Rivaroxban)** will need to be adjusted prior to your procedure. Please check with the provider that orders these medications for specific instructions.
- **If you are diabetic:** Contact your prescribing or primary care provider regarding adjustment of oral or injectable diabetic medications prior to your procedure.
- If you take **blood pressure, pain, anti-anxiety, and/or thyroid medications**, please take your morning dose with a sip of water on the morning of your procedure, at least 2 hours prior to your procedure.

### Purchase at the Pharmacy:

- 4 Dulcolax (Bisacodyl) 5mg tablets
- (1) 238-gram bottle of MiraLAX (polyethylene glycol)
- 64 ounces of Gatorade, Propel, Vitamin Water, Pedialyte or clear liquid of your choice

If you are diabetic you may substitute with Crystal Light, G2, or Gatorade/Powerade Zero

**\*\* Avoid red liquids \*\***

### 5 Days Before Colonoscopy

- Stop taking fiber supplements and products containing iron, including multivitamins
- Start a **low residue diet**: low residue foods include white rice, white bread, cooked fruit and vegetables, Rice Krispy's, milk, cheese, chicken, beef, white pasta, fish, eggs and tofu
- **Avoid high-fiber foods** such as popcorn, beans, seeds, corn, onions, multigrain bread, and nuts. Limit your intake of salad/vegetables and fresh/dry fruit

### Day Before Colonoscopy

- Start on **clear liquid diet**. Clear liquids are those you can "see through" (ex: apple juice, white cranberry juice, clear broth, coffee/tea without milk or cream, popsicles, Jell-O, ginger ale)
- Do not drink dairy or liquids that are red
- No alcohol or recreational drugs the day before or day of procedure
- **At 3:00 PM** take 4 Dulcolax tablets
- **At 5:00 PM** mix 238 grams of Miralax into 64 ounces of Gatorade, or clear liquid of choice. Shake well until the Miralax powder dissolves. Drink 8 ounces of the mixture every 15-20 minutes until you have completed 32 ounces of the solution
- **IMPORTANT: If you experience prep-related symptoms (bloating, nausea, or cramping), pause or slow the rate of drinking until symptoms diminish.**
- You can continue to drink clear liquids up until midnight

### Day of Colonoscopy

- Drink the second 32 ounces of Miralax mixture as instructed above. This should be finished no later than 4 hours prior to your procedure time
- If you take any medications, you should take them with a small sip of water at least 2 hours prior to your procedure time
- No chewing gum or eating mints/hard candy