

Colonoscopy Preparation with Miralax

(*patients must arrive 1 hour before scheduled procedures)

Appropriate bowel cleansing is one of the *most important* steps in performing a successful and accurate colonoscopy. Please read this sheet in advance of your procedure and follow these instructions carefully. If you have any questions, please do not hesitate to call us!

One week prior to procedure:

- Purchase the following items at your local pharmacy:
 - Miralax (238-gram bottle)
 - Two 32-ounce bottle of Gatorade (not red or purple color)
- Avoid eating nuts, seeds, popcorn, grapes, green peas, beans and tomatoes since these foods may interfere with preparation.
- If you take **blood thinners** such as Aspirin (or Aspirin containing products), Plavix (Clopidogrel), Effient (Prasugrel), Coumadin (Warfarin), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban), or any other blood thinners *please inform us in advance* so that these medicines can be adjusted appropriately.
- If you are a diabetic and take **insulin** or other medications to lower your blood sugar, *please inform us in advance* so that these medicines can be adjusted appropriately.
- Stop any anti-inflammatory medicines (Aleve, Motrin, Advil, Ibuprofen, Naproxen). You can take Tylenol if needed for pain.
- Stop taking iron supplements or vitamins containing iron.

On the day before the procedure:

- You may have a light breakfast.
- You will need to be on a “clear/thin” liquid diet for the rest of the day. Examples of clear/thin liquids include water, broth, Jell-o, juices, sports drinks, sodas, ginger ale, lemonade, popsicles, coffee/tea (*without* milk).
- Avoid red- or purple-colored liquids, juices with pulp, dairy products.
- It is important to stay hydrated and drink as much fluid as you can throughout the day!

The preparation:

- If your procedure is in the morning:
 - Mix half of the Miralax powder into each 32-ounce bottle of Gatorade and shake until the powder is completely dissolved.
 - Drink the first bottle of the Gatorade/Miralax solution at 6 pm the night before your procedure.
 - Drink the second bottle of the Gatorade/Miralax solution at 10 pm the night before your procedure.
- If your procedure is in the afternoon:
 - Mix half of the Miralax powder into each 32-ounce bottle of Gatorade and shake until the powder is completely dissolved.
 - Drink the first bottle of the Gatorade/Miralax solution at 10 pm the night before your procedure.
 - Drink the second bottle of the Gatorade/Miralax solution at 6 am the *morning of your procedure*.
 - Do not eat or drink anything within 4 hours of your procedure time.
- Notes:
 - Drinking the solution rapidly produces a better result than sipping it.
 - Drinking an additional 32 ounces of fluid after completing the solution will improve cleansing and maintain hydration.
 - Bowel movements should begin within a few hours of beginning the solution and may continue for several hours.
 - Bloating and nausea are common during the preparation process. This is temporary and will improve when bowel movements begin. If nausea becomes severe, stop drinking the solution for 30 minutes, then resume drinking.

The day of the procedure:

- *Do not drink anything within 4 hours of your procedure otherwise your procedure may be canceled.*

- You can take your regular medications (unless instructed otherwise) with water; but try to do so **4 hours** before your procedure. If you have an early morning procedure, you can bring your medications with you and take them after your procedure.
- Please arrive at your designated location **at least 45 minutes early** to allow for registration and so that your procedure is not delayed or canceled.
- Women of child-bearing age may be asked to provide a *urine sample* to ensure you are not pregnant.
- You should be accompanied by a relative/friend to help you get home after the procedure.
- You should not drive or drink alcohol for 12 hours after the procedure.

Please do not hesitate to call us with any questions!