

**Miralax Prep for Colonoscopy Before/After noon**

IMPORTANT: Please read prior to your procedure.

1. You must have someone available to drive you home after your procedure as you will be sedated. You will not be allowed to drive for 24 hrs after sedation. Please note, public transportation is not allowed.
2. Five days prior to your procedure avoid the following foods: Seeds, Nuts, Popcorn, Peanuts, Corn, Peas, Apples, Raspberries, Strawberries, Cucumbers, and Tomatoes.
3. You will not be eating solid foods on the day before your procedure. You will be on a clear liquid diet the day before your procedure.

Examples of clear liquid diet include:

- Water
  - Clear Soda
  - Chicken/Vegetable/Beef Broth
  - Jell-O (nothing red or purple)
  - Popsicles (nothing red or purple)
  - Black Coffee or Tea (no Milk or cream)
  - Apple juice or White Grape juice
  - Crystal Light (nothing red or purple)
  - Gatorade (nothing red or purple)
4. It is important you complete the bowel preparation as directed. If the prep is not completed, you risk cancelling the colonoscopy and repeating again at a later date.
  5. You must drink plenty of fluids the day prior to your colonoscopy. This will ensure you are staying hydrated and will also help cleanse the colon.
  6. Blood thinners such as Asprin, Warfarin, Eliquis, Xarelto, Pradaxa and Plavix will need to be stopped 5 days prior to your colonoscopy. Please contact the prescribing doctor to let them know you will be off your medication. You will resume your blood thinner the day after your colonoscopy. Also avoid Aleve, Ibuprofen, Naproxen and Meloxicam five days prior to your procedure. Tylenol is OK.

**You will need to purchase:**

- Miralax 238 gram bottle**
- Dulcolax Laxative Pills (5mg tablet)**
- 64 oz of Gatorade or Crystal Light (not purple)**

Step 1: Remember only clear liquids day before your procedure. See examples previously listed.

Step 2: In the morning, mix the entire bottle of Miralax into the 64oz Gatorade and place in the refrigerator.

Step 3: At 5pm take 4 dulcolax tablets (5mg/each) with 16 oz of water

Step 4: If your procedure is before noon follow section A If your procedure is after noon follow section B

- A) At 6pm, drink 32 oz of the Miralax and Gatorade mixture. Drink one 8oz glass every 15 minutes until gone. You should finish in 1 hr. Continue to drink plenty of clear liquids. At 10pm drink the remaining Gatorade and Miralax mixture, repeating one 8oz glass every 15 minutes until gone. Again, complete in 1 hr.
- B) At 8pm, drink 32 oz of the Miralax and Gatorade mixture. Drink one 8oz glass every 15 minutes until gone. You should finish in 1 hr. Continue to drink plenty of clear liquids. You will drink the second half of the prep 6 hrs prior to your scheduled procedure time (at\_\_\_\_\_) Again, this should be completed within 1 hr.

NOTHING BY MOUTH 3 HRS PRIOR to your COLONOSCOPY, This includes water, gum, candy, mints, lozenges, etc.

If you become nauseated, stop drinking the bowel prep solution for half an hour and then resume. It is important to drink as much fluid during the day to prevent dehydration and help cleanse the colon.

Scheduled Colonoscopy Date/Time: \_\_\_\_\_

Nothing to eat or drink starting at: \_\_\_\_\_

**\*\*Plan to arrive 1 hour prior to scheduled colonoscopy time for registration and nursing preparations.**