

MIRALAX PREP

- You will be sedated for this procedure. **PLEASE BRING A RESPONSIBLE ADULT WITH YOU.** The responsible party will be expected to stay on the premises for the entire time of your procedure. Your responsible party will be required to drive you home or accompany you until you reach your destination. If a responsible adult is *not* with you, **you will be required to reschedule.**
- Total time for your procedure can be anywhere **between 1 ½ hour up to 3 ½ hours** (depending on previous cases that are being done that day). **Please be patient, as every case is different.**
- Women: If you could be pregnant or seeing a fertility doctor, please notify our office.
- If your insurance information changes prior to your procedure, please notify our office.
- Appointment cancellations require a 48-hour notice or a charge could be incurred.

SHOPPING LIST:

These items are all over the counter products and can be purchased at ANY pharmacy.

1. Three (3) **Dulcolax tablets.** (be sure to get the laxative, not the softener)
2. One (1) bottle of **Miralax / 238 gram** (or generic equivalent)
3. A total of 64oz of clear liquid of your choice (to mix with the Miralax powder)
(32oz for 1st half and 32oz for 2nd half)
4. 1-10oz bottle of **Magnesium Citrate (NOT RED)**

CLEAR LIQUID EXAMPLES:

You may have as much of these as you want the day of the prep.

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|------------------------------------|---------------------------------|
| 1. Gatorade (NOT RED) | 5. Coffee (NO CREAMER) |
| 2. Tea or Water | 6. Broth or Bouillon |
| 3. Soft drinks (Sprite, 7up, etc) | 7. Jello (NO RED) |
| 4. Juice (Apple, White Grape, etc) | 8. Popsicles (NO RED) |

STOP EATING RAW FRUITS & VEGETABLES OR ANY FOOD WITH SEEDS 3DAYS PRIOR TO YOUR EXAM.

THE DAY BEFORE YOUR COLONOSCOPY:

- **CLEAR LIQUIDS ONLY ALL DAY.** Please drink extra liquid throughout the prep.
- Take your normal daily medication on the day of your prep. (*exceptions listed below*)

1st Dose

- 2 hours before starting prep take **all 3 Dulcolax tablets.**
- **Mix ½ of the bottle of Miralax** with 32oz of clear liquid. Drink entire mixture along with as much extra fluids as possible. (*start this anywhere between 12pm & 6pm*)

2nd Dose

- **Mix the 2nd ½ of the bottle of Miralax** with 32oz of clear liquid. Drink entire mixture along with as much extra fluids as possible. (*complete 2nd half of prep at least 8-9 hours prior to your procedure time*)
- 30-60 minutes after the 2nd dose of Miralax – please drink the entire bottle of **Magnesium Citrate.**
- Nothing by mouth 6 hours prior to procedure.

MEDICAL PRECAUTIONS/ PLEASE READ AT LEAST 1 WEEK PRIOR TO TEST

- **BLOOD THINNERS:** Must be stopped 3-5 days prior to procedure. (please get the OK through PCP or specialist)
- **DIABETICS:** While you are on the liquid diet you should only take **HALF** the dosage of your diabetic oral agent or insulin. Check your blood sugar before you arrive for your test, and bring your medication with you. **DO NOT TAKE ANY INSULIN OR DIABETIC ORAL AGENT THE MORNING OF YOUR EXAM.**
- Do not take any Iron, Carafate or Sucralfate during your prep or the day of your exam.
- **ASTHMA or COPD:** Please bring your inhaler with you on the day of your procedure.
- **Do NOT take daily medication on day of procedure until after your procedure.**