

Colonoscopy Prep Instructions: MiraLAX®

IMPORTANT - Please Read These Instructions at Least 2 Weeks Before Your Colonoscopy.

If you need to reschedule, cancel, or have any questions about your procedure please contact 818-538-2562 before 5 p.m. or after hours.

Key Instructions:

Your doctor has scheduled you for a colonoscopy. To have a successful colonoscopy your colon must be clear of any stool. Follow all of the instructions in this handout **EXACTLY** as they are written. If you do not follow the directions, your procedure may be canceled.

- **Do NOT** eat solid food the ENTIRE day before your colonoscopy.
- Buy your bowel preparation at least **5 days** before your colonoscopy.
- **Do NOT** mix the solution until the day before your colonoscopy.
- A responsible family member or friend **MUST** drive you home from the procedure.
- You are **NOT ALLOWED** to drive, take a taxi, bus or car service, or leave the Endoscopy Center **ALONE**. If you do not have a responsible driver (family member or friend) with you to take you home, your exam cannot be done with sedation and may be canceled.
- You **MUST** remain in the endoscopy center until you recover from sedation. The entire process from arrival to discharge may take 3-4 hours.
- Please do not bring any jewelry or other valuable items to the endoscopy room for your procedure.
- Please bring a list of known allergies, current medications, a list of medical conditions and surgical history.

You will be contacted by our office 2 Weeks prior to your scheduled procedure to remind you of the appointment

Labs required prior to the Procedure:

NO

YES (Order attached)

Medications

The day before your colonoscopy:

Some of the medicines you take may need to be stopped or adjusted temporarily before your colonoscopy.

- **Blood thinners** -- such as Coumadin® (warfarin), Plavix® (clopidogrel), Ticlid® (ticlopidine hydrochloride), Agrylin® (anagrelide), Xarelto® (Rivaroxaban), Pradaxa® (Dabigatran), Eliquis® (Apixaban), and Effient® (Prasugrel). You must speak with your prescribing physician or the specialist performing the procedure at least 2 weeks before the scheduled test. Do not stop these medications without the consent of your physician.

Insulin and diabetes medications

- Please call the doctor that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required with this bowel preparation. The following is some information to guide you:
- If you take a pill to lower your sugar, do not take it on the day of your procedure.
- If you are taking regular insulin®, do not take it on the day of your procedure.
- If you are taking long-acting insulin (NPH), take half of your prescribed dose on the morning of the procedure.
- If you are taking any other insulin preparation, such as Lantus®, Humalog® or 70/30 insulin, contact your prescribing physician for instructions.
- If you take aspirin, take it and **ALL** other prescribed medicines with a sip of water on **the day of your colonoscopy**.

Colonoscopy Prep Instructions: MiraLAX®

FIVE (5) DAYS BEFORE YOUR COLONOSCOPY

- **Do NOT** take products that contain iron -- such as multi-vitamins -- (the label lists what is in the products).

You need to buy the following (no prescription needed for Miralax). Lactulose will be dispensed only by prescription from the Pharmacy. Please make sure to obtain the prescription 1 week prior to Colonoscopy.

- One 64-ounce or two 32-ounce bottles of Gatorade®, Propel®, Crystal Light® or other noncarbonated clear liquid drink (no red colors). If you have diabetes, you may use sugar-free Gatorade.
- Dulcolax® (bisacodyl) laxative tablets (not suppository or stool softener, you will need 3 tablets for the prep).
- MiraLAX® 238 grams (8.3 ounces) powder or generic polyethylene glycol 3350 (can find in laxative section).

THREE (3) DAYS BEFORE YOUR COLONOSCOPY

Avoid high-fiber foods -- such as popcorn, beans, seeds (flax, sunflower, and quinoa), multigrain bread, nuts, salad/vegetables, fresh and dried fruit. Avoid fiber supplements -- such as Metamucil®, Citrucel®, or Konsyl®.

ONE (1) DAY BEFORE YOUR COLONOSCOPY

Only drink clear liquids the ENTIRE DAY before your colonoscopy. Do NOT eat any solid foods.

No Breakfast, Lunch or Dinner (No Solid food)

The **clear liquids** you can drink include:

- Water, apple, or white grape juice; fat free broth; coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade® or other sports drinks (not red); Kool-Aid® or other flavored drinks (not red). You may eat plain jello or other gelatins (not red) or popsicles (not red).

Do NOT drink alcohol on the day before or the day of the procedure.

When to Drink Your Bowel Prep

One day before your colonoscopy:

In a pitcher mix the 8.3 ounces of MiraLAX® with the 64 ounces of Gatorade®. Stir/shake the contents until the entire contents of MiraLAX® are completely dissolved.

Chill if desired. Do **NOT** add ice, sugar or any other flavorings to the solution.

At 1PM : Take 4 dulcolax tabs with 8oz of liquid

At 2PM: Mix 64oz of liquid (Gatorade) with 8.3oz of Miralax and place it in a refrigerator. (DO NOT ADD ICE)

At 4PM: Begin drinking the first half (1Liter or 32oz) of Miralax/ Gatorade Solution, drinking 8oz glass every 15 min until half the mixture (1liter or 32oz) is finished.

- At **8 p.m.**: Drink One 90ml bottle of Lactulose
- At **9 p.m.**: Drink the second liter (32oz) of prep solution, drinking one 8oz glass every 15 Min until half the mixture (1 liter or 32oz) is finished. Setting a timer for every 15 Mn may make it easier to keep pace

Please do not consume anything else by mouth after the Gatorade/Miralax solution is completed

- You may continue to drink clear liquids up to 3 hours before the time of your arrival time at the procedure center