

### **Colonoscopy in the A.M. – Miralax**

**Procedure Date:**

**Arrival Time:**

**Procedure Time:**

**Procedure Location:**

**Please bring picture ID and insurance cards with you on day of procedure.**

**Medication Adjustments:**

- **No Advil, Ibuprofen, Aleve, Plavix (Clopidogrel), Coumadin (Warfarin), Brilinta (Ticagrelor), or anti-inflammatory medications (excluding Prednisone) 5 days prior to procedure.**
- **No Pradaxa (Dabigatran) for 3 days prior to procedure.**
- **No Eliquis (Apixaban) or Xarelto (Rivaroxaban) for 2 days prior to procedure.**
- No alcohol/recreational drugs for two (2) days prior to the procedure.
- For 5 days prior to your procedure, stay on a Low Residue Diet. We will include a separate copy of this diet with these instructions if mailed and if emailed they will be included as an attachment. It's important to follow this diet very carefully as some of the foods listed in the "avoid" column do not digest well and get stuck in our endoscopy scopes (like corn and meat, for instance). Then 1 day of clear liquids.

**Preparation:**

**The morning of \_\_\_start a clear liquid diet. Clear liquids that are allowed are as follows:**

- Clear fat free broth – any flavor
  - Clear nutritional drinks such as Ensure Clear
  - Soda
  - Coffee/tea without milk or cream
  - Hard candies
  - Honey
  - Juices without pulp
  - Lemonade without pulp
  - Jell-O
  - Popsicles without fruit pulp or fruit pieces inside
  - Sports drinks
  - Water
- 
- At 11:00 A.M., take **4** Dulcolax (Bisacodyl) tablets (over the counter medicine which you can purchase at any drug store or grocery store).

- At 2:00 P.M., mix the **238 gram** bottle of Miralax (over the counter medication which you can purchase at any drug store or grocery store) in **64 oz.** of Gatorade. Shake the bottle well. Drink an **8 oz.** glass every 15-20 minutes until **half of the bottle** has been consumed. You may want to purchase some baby wipes for your comfort.
- At 6:00 P.M., drink the rest of the miralax-gatorade solution., 8 oz every 15-20 minutes until gone.
- **Continue on clear liquids until 4 hours prior to the start of your procedure.**

**Day of Procedure:**

- **Take all of your medications with a small sip of water except for diabetic medications.**
- If you use inhalers, bring them with you. They may be needed before or after your procedure.
- Do not wear perfume, cologne, or lotions/oils as this may interfere with our monitoring electrodes.

**After Procedure:**

- **You must have a designated driver.** The exam will be cancelled if arrangements are not made prior to arrival. You may not use taxi/cab for transportation home.
- The family member or designated driver must remain in the lobby area to speak with the physician.
- Plan to rest at home the remainder of the day. You may resume normal activities the next day or so as directed by the provider.

If you have any questions, please call our office at 623-300-9011.