



Colonoscopy Instructions using Miralax™

Purchase the Following Items:

- Miralax™** 238 gram - 2 bottles
- Sugar free Powerade or Gatorade** - 64 ounces
 - Can substitute with water with electrolytes
 - No red or blue colors
- Dulcolax (Laxative) 5mg** - four tablets

Important Warnings:

Please inform our office in advance if you have congestive heart failure, kidney failure, chronic severe constipation, or have had an inadequate bowel preparation from a previous colonoscopy.

WHAT TO DO WITH YOUR MEDICATIONS?

- **At least 7-days prior to colonoscopy:**
 - If you take Coumadin, Warfarin, Xarelto, Eliquis, Plavix, or any form of "blood thinners," ***please consult with your cardiologist or primary care physician*** as to whether you may temporarily discontinue these medications. This is extremely important, especially if you take any of these medications for treatment of heart disease or stroke. If your physician has instructed you to continue any of these medications, please notify us.
 - If you take aspirin or NSAIDs such as Advil, Motrin, Celebrex, or ibuprofen, you may continue to take them as usual.

- **5 days prior to colonoscopy:**
 - Stop Plavix (Clopidogrel) unless otherwise instructed by your primary physician or cardiologist (see above).
 - Stop iron supplements (such as FeoSol or Ferrous Sulfate)
 - Acetaminophen (Tylenol) and Celebrex may be continued until day of procedure.

- **Day of endoscopy:**
 - You may take all of your morning medicines (except for oral diabetes pills) as usual with a sip of water up to 2 hours before your procedure.
 - If you take oral diabetes medicine (pills): do not take the medicine the morning of your test.
 - If you have diabetes and you take injectable medicines please consult with your primary care physician or diabetes specialist for instructions.

WHAT TO EAT PRIOR TO MY PROCEDURE?

- **3-days prior to colonoscopy:**
 - Avoid eating seeds or any foods containing seeds (such as grapes, berries, nuts, etc)
 - *Limit* high fiber foods (salad, fresh fruits and vegetables, whole wheat bread).
- **Day prior to colonoscopy:**
 - **Begin strict clear liquid diet starting in the morning as soon as you wake up. No solid food allowed from this point until your after your colonoscopy.**
 - **Clears Liquids:** You may consume the following: Water, Apple Juice, Pineapple Juice, White Grape Juice, and Grapefruit Juice (NO PULP), 7-UP, Ginger Ale, Coffee or Tea with sugar and/or honey only (No milk or non-dairy creamer). Jell-o of any color except for red, blue or purple (in limited amounts only). Soups are permissible if clear broth only (No cream soups).
 - Do not consume any liquids that are red or blue.
 - Do not drink alcohol.
 - Stop drinking clear liquids 8 hours prior to your colonoscopy (except for necessary bowel preparation as instructed below)

HOW TO PERFORM YOUR BOWEL PREPARATION?

Importance of your bowel preparation:

To ensure that your doctor will be able to visualize all parts of your colon and detect any abnormalities including polyps, please follow these instructions carefully. If your bowel preparation is not adequate at the time of your colonoscopy, your doctor may ask that you repeat the procedure. Please inform our office if your bowel movements are not completely *clear* by 12 am (midnight) the night before your scheduled colonoscopy. *You may contact our office at 310-858-2224 after hours.*

HOW TO TAKE YOUR LAXATIVES?

- **Day prior to colonoscopy:**
 - **At 3 pm** - Take 2 Dulcolax tablets.
 - **At 5 pm** - Mix an entire bottle (238gram) of Miralax™ into the 64 ounces of Gatorade or Powerade or electrolyte containing water. Shake the solution until it is fully dissolved. Drink 32 ounces (half of the mixture) at 5pm by having an 8 ounce glass every 30 minutes until you have consumed 32 ounces.
 - **At 7 pm**-Take the last 2 **Dulcolax** tablets.
 - **At 10 pm**- **If your scheduled procedure time is before 12 noon** then finish the remaining half of the Miralax™ mixture (32 ounces) starting at 10pm. (If your scheduled procedure time is after 12 noon take remaining half of the Miralax™ mixture (32 ounces) at 6AM on day of colonoscopy-see below)

- **Day of colonoscopy:**
 - **At 2 AM:** If your procedure is before 12 noon and you are not having clear bowel movements by 2AM take an additional 7 capfuls (119grams= half bottle) of Miralax™ in 32 ounces of fluid.
 - **At 6 AM:** **If your scheduled procedure time is after 12 noon** take remaining half of the Miralax™ mixture (32 ounces) at 6AM on the day of colonoscopy.
 - You may consume your bowel preparation up to 4 hours prior to your procedure .
 - ***Nothing to eat or drink (except bowel preparation as instructed above)*** - You may take any necessary medications including blood pressure medications in the morning with just a *sip* of water as instructed above.

- **Day of colonoscopy (cont):**

- You must have someone drive you home after the procedure because of the anesthesia you will receive for your procedure. **YOU WILL NEED A FRIEND OR FAMILY MEMBER TO PICK YOU UP, YOU ARE NOT ALLOWED TO TAKE TAXI, UBER, LYFT, BUS OR LIMOUSINE *unless you are accompanied by a friend or family member - OTHERWISE, YOUR PROCEDURE WILL BE CANCELLED.***

Tips: The prep may not be pleasant to taste. If you experience nausea, bloating or vomiting, then you may increase the time interval between consuming the eight ounce glasses. In certain instances, you may not have bowel movements after completing immediately. Continue as instructed and you should start to pass bowel movements.

Please contact our office with any questions related to the procedure or bowel preparation. If you have an emergency and need to speak with the doctor on call after hours about the procedure, please call (310)858-2224.