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PATIENT NAME: _____

PROCEDURE: COLONOSCOPY FACILITY: _____

DATE OF PROCEDURE: _____ ARRIVAL TIME: _____

AVOID aspirin/aspirin products, Advil/Motrin/Aleve/Ibuprofen, Vitamin E (multi-vitamins w/E), fish oil, flaxseed oil or foods with SEEDS for 5-7 days prior to procedure. (Tylenol & acetaminophen products are okay.)

****YOU must consult your prescribing physician about stopping: Coumadin, Plavix, Pradaxa, Eliquis, or Xarelto, prior to a procedure if you take these medications or a generic equivalent.**

****YOU must consult your prescribing physician about diabetic medication and insulin dosages prior to a procedure if you are a diabetic.**

YOU MUST HAVE SOMEONE TO DRIVE YOU HOME THE DAY OF A PROCEDURE. NO DRIVING THE REST OF THE DAY; ADULT SUPERVISION FOR 12-24 HOURS AFTER THE PROCEDURE.

[] MIRALAX (238gr) BOWEL PREP

Note: MiraLax (238gr bottle, polyethylene glycol powder) and Dulcolax (2 bisacodyl tablets) are 'over the counter' medications.

The **day before** the procedure:

For breakfast, lunch and dinner (until midnight), *****CLEAR LIQUIDS ONLY*****. This includes: Broth, tea, coffee(without milk), Gatorade, Crystal Lite, ice pops, soda, apple juice, white grape juice, tap or bottled water, yellow or green Jell-o. It is also important to drink broth for salt intake and juice or soda for the sugar intake. **Avoid items with artificial red dye.**

STEP 1. MIX THE MIRALAX SOLUTION

At 9:00 AM, add the MiraLax to 2 quarts clear liquid (ie, 1qt water & 1qt apple juice). Cap the bottle and shake to dissolve the powder, refrigerate. The solution will be clear and colorless. Use within 48 hours.

STEP 2. TAKE TABLETS

Take 2 Dulcolax (bisacodyl) laxative tablets with water at **NOON**. Do **NOT** crush or chew. Do not take within 1 hour of taking an antacid. A bowel movement should occur within 1 - 4 hours after taking tablets.

STEP 3. WAIT FOR A BOWEL MOVEMENT

After the bowel movement, start drinking the solution. If no movement occurs within 4 hours after taking the tablets, *begin drinking the solution.*

STEP 4. DRINK ALL OF THE MIRALAX SOLUTION

Drink 1 (8oz) glass of the solution every 15-20 minutes. Drink each glass quickly rather than drinking small amounts continuously. A watery bowel movement should begin in approximately 1 hour. Be sure to drink all of the solution. You will continue to have loose bowel movements for 1-2 hours after finishing.

Hints: If you have trouble with the taste or keeping the solution down:

- Drink the solution slowly but continuously, don't chug.
- Flavor the solution with an additional sugar-free, no red dye, drink mix.
- Dilute the solution with extra water/liquids (sugar-free/clear/no red-dye liquids). Finish all the solution.

STEP 5. NOTHING TO EAT OR DRINK AFTER MIDNIGHT, NOTHING UNTIL AFTER PROCEDURE.